

# 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  
8:00 AM - 10:30 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 – Women's Community Bible Study: CWPA & SPDR (none Jan. 4)  
1:00 PM – GriefShare: SPDR (none Jan. 4)  
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 January, 2024**

### **Thursday, January 4**

10:30 AM – Veterans Coffee Hour: MR  
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, January 5**

7:00 PM – Movie Night: CWPA

### **Monday, January 8**

2:15 PM – Life Enrichment presents *Nicholas Stoltzfus Homestead* by Elam Stoltzfus: CWPA

### **Tuesday, January 9**

Book Sale begins in both Garrett and StoneCroft  
9:30 – 12:00 PM: Diabetes Management: CWPA Dockside  
12:00 PM – WEL (Widows Enjoying Lunch): MDR  
1:00 PM – 3:00 PM – Beginners/Intermediate Chess Matches: HCSR

### **Wednesday, January 10**

1:00 PM - Shuttle to Crops – sign up needed  
2:00 PM - Afternoon of Song: CWPA.  
Sacred and popular music will fill the air.

### **Friday, January 12**

7:30 PM – Bow Tree Brass: CWPA – shuttle from Garrett at 7PM

### **Saturday, January 13**

12:15 PM depart from GCC and 12:30 from SC for Lancaster Symphony Orchestra (prior registration required)

### **Monday, January 15**

► Submissions for the February "What's New?" are due. Submit articles to [whatsnew@telhai.org](mailto:whatsnew@telhai.org)  
2:15 PM – Life Enrichment presents *Berks Amish History* by Elam Stoltzfus: CWPA  
7:00 PM – Book Club: Conservatory

### **Tuesday, January 16**

9:30 – 12:00 PM: Diabetes Management: CWPA  
Dockside

1:30 PM – Bible Study with Irene Weaver: GR

### **Wednesday, January 17**

12:15 & 1:00 PM Shuttle to Walmart – sign up needed

12:00 PM – Newbies lunch: GVC

### **Thursday, January 18**

9:45 AM check in with Rosie and 10:00 AM departure  
for Lancaster County Technology Center (prior  
registrations required): GVC parking lot

10:30 AM – Veterans/Spouses Brunch: MR

Speaker: Dr. Monica Norris

11:30 AM – 2:30 PM – Balance Fair: Mantle Point

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, January 19**

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

7:30 PM – Tel Hai Performing Arts presents Doris  
Hall-Gulati (Clarinetist) & Dr. Paul Thorlakson  
(Pianist): CWPA

### **Sunday, January 21**

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, January 22**

2:15 PM Life Enrichment presents *Duffy's Cut Project*  
by Matt Patterson: CWPA

Last day of the Garrett and StoneCroft Book Sale

### **Tuesday, January 23**

9:30 AM – 12:00 PM: Diabetes Management: CWPA  
Poolside

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

1:00 PM – Talk with Scott – GCC MP

1:30 PM – Bible Study with Irene Weaver: GR

### **Wednesday, January 24**

11:15 AM – Choir Rehearsal: A/C

1:00 PM – Tech Time with Tim: MP

5:00 PM -- Robert Burns Night: CWPA

Buffet Dinner at 5:00 PM, Charlie Zahm live at  
6:30 PM Reservations Required

### **Thursday, January 25**

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

2:00 PM – Care Partner Support Group: HCCR

### **Friday, January 26**

7:00 PM – Movie Night: CWPA

### **Monday January 29**

2:15 PM – Life Enrichment presents Craig Caltagroine,  
Tap Dancing: CWPA

### **Tuesday, January 30**

9:00 AM - Chime Choir Rehearsal : GR

9:30 – 12:00 PM: Diabetes Management: CWPA  
Dockside

1:30 PM – Bible Study with Irene Weaver: GR

3:00 – 5:00 PM Senator Katie Muth's Office: CWPA

### **Wednesday, January 31**

11:00 AM – Choir Rehearsal: A/C

12:30 depart from GCC & 12:45 from SC for Fulton  
Plays (member registration required)

1:00 PM – Talk with Scott – SC

## **GENERAL ANNOUNCEMENTS**

### **Senator Katie Muth – Mobile Constituent Services**

The office of Senator Katie Muth will be  
visiting Tel Hai on Tuesday, January 30th in the  
CWPA Poolside from 3:00 to 5:00 PM. You will  
have the opportunity to ask questions about  
PennDOT services (REAL ID, handicap placards,  
car registration, etc.), how to obtain birth and  
death certificates, SEPTA senior passes, PA  
income tax return issues, and more.  
Shuttle available by calling (484)798-3057.

### **Thank You**

Thank you to all the residents and staff who  
donated blood at our drive in November. We  
were able to reach our goal of 20 units of  
blood!! The Volunteer Engagement Committee  
would like to thank everyone who donated  
Hats, Gloves or Scarves for the Honey Brook  
Food Pantry. We were able to donate 250  
items! A job well done!

## **Volunteer Shuttle Date Change**

DATE CHANGE: Volunteer Shuttle to Quest/Lab Corps will be the 2<sup>nd</sup> Monday (January 8<sup>th</sup>)

## **Calling All Teachers**

Thursday, January 11, Ted Mann is inviting teachers of any subject to meet in the Gathering Room from 2:00 - 3:00 PM. This is a time just getting together to talk.

## **Volunteer Engagement Committee:**

Tel Hai's Love Offering to the Homeless drive will be held from February 1st to the 15th. A list of items requested will be placed in mailboxes in early January, so donors are able to take advantage of after Christmas sales. Questions may be referred to Betsy Kearney on 484-796-4391. Thank you in advance for your generosity.

## **What's New? Deadline**

The LAST DAY to submit articles for the February "What's New?" is Monday, January 15th. Email your article to [whatsnew@telhai.org](mailto:whatsnew@telhai.org).

## **WORSHIP**

### **New Women's Bible Study with Irene Weaver**

**Irene Weaver** returns with a new Bible Study on Tuesday, January 16<sup>th</sup> at 1:30 pm in the Gathering Room (GR) in Garrett Community Center. This 9 to 10 -week series will expand your understanding of the scriptures and inspire you in your relationship with Christ. All women from Tel Hai are invited to join Irene Weaver as, together, we open the "Doors of the Bible" and discover the treasures God has stored there for us.

Continuing bible studies will be our **Men's bible study** on Tuesday's at 7:00 pm in the Hillcrest Conference Room, 2<sup>nd</sup> floor, the **Bible**

**Discussion Group** on Thursday's at 10:00 am in the Tel Haven Social Room, and the **Community Bible Study** (limited group) on Thursday's at 10:00 am in the CWPA Poolside and Scalies Private Dining Room.

## **New Session of GriefShare**

**GriefShare**, our 13-week support group for those who have lost a loved one, will begin with a new session on Thursday's starting January 11<sup>th</sup> at 1:00 PM in the Scalies Private Dining Room of StoneCroft. All are welcome! Contact Chaplain Hicks for more information or to register at ext. 2443

## **Lenten Services**

Wednesday, February 14 is the beginning of Lent. For the start of the Lenten Season, Pastoral Care is offering the following services:

- Ash Wednesday Distribution of Ashes Service - February 14 - 10:30 AM A/C. Music, meditation and ashes provided by the chaplains
- Journey to the Cross Service - Wednesday, February 21 - 7:00 PM CWPA. Music by Tel Hai Choir and Chime Choir. Dramatization of the events of Holy Week by Piercing Word, Lancaster. Piercing Word is a group of theatre professionals who will perform the Gospel accounts of Holy Week in drama and music that are word-for-word from the Bible.

## **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 January: Tuesday the 2<sup>nd</sup> from 1 - 4 PM. Monday the 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> from 11 AM - 4 PM. Friday the 12<sup>th</sup> from 11am-4pm. Please contact Shelly Hansen at [shellyinlight@verizon.net](mailto:shellyinlight@verizon.net) or 610-466-7733 to schedule an appointment.

### **Tai Chi**

Tai Chi will continue from January 4 - February 22. All classes will be held on Thursday with 2 time options (11:45am-12:45pm or 1:00-2:00pm). 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 began 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](mailto:gjohnson@telhai.org) or by phone at extension 2441.

### **Aqua Spin Winter Session 1**

Registration opened Thursday December 28, 2023 beginning at 12:00 PM.

Runs January 2<sup>nd</sup> through February 8<sup>th</sup>.

What is Aqua Spin?

It is in-water spinning on a submerged stationary bike. This a great no-impact workout that can increase your cardiovascular endurance. When you're spinning in water, you can exercise at a higher intensity but at a lower heart rate. Thus, it improves your cardiovascular health without risking exhaustion. Pair this with strength training and music and you will have the perfect combination for a fun-filled beneficial aquatic spin class.

Class times: **Please note adjusted class times**

Tuesdays and Thursdays 8:00 AM

**Tuesday 2:30 PM new time!**

Registration is required as space is limited.

Class must meet a minimum of 2 participants

\*\*\* Must haves for Aqua spin: aqua shoes are a definite must to protect your feet while in the foot cage. Water is also recommended. You may not think you sweat in the water, but it does happen and you need to stay hydrated.

Please contact Sandi Brandt @ [sbrandt@telhai.org](mailto:sbrandt@telhai.org) for more information.

Let's Ride!

### **SCAC Pool Closing Early**

BSHS swim meet to be held Wednesday January 17. SCAC will close at 2:00pm to accommodate the meet. An additional reminder: the pool temperature will be cooler prior to the meet.

### **Tel Hai Balance Fair**

Tel Hai Outpatient Therapy is sponsoring a Balance Fair. Please stop in anytime for a free fall risk assessment on January 18, from 11:30 AM - 2 PM at Mantle Pointe in the GCC.

## **CAMPUS SPECIAL EVENTS**

### **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 to 12:00 PM CWPA Dockside except for the Jan. 23<sup>rd</sup> class, which will meet in 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](mailto:jschweitzer@telhai.org) or 610-273-9333, ext. 2154 for sign up.

### **Care Partner Support Group**

The Care Partner Support Group will be held on January 25 in the Hillcrest Conference Room (2<sup>nd</sup> floor) from 2:00-3:00 PM. Shuttle is available. Please contact Caroline Cooley with any questions ext. 2762.

### **Book Club**

The Book Club at StoneCroft will be meeting Monday, January 15 at 7:00 PM, in the Conservatory at Brownstone. We welcome new members. This month's book is "**The Tiffany Girls**" by Shelly Noble. For information, please contact Sandy Koenig at ext. 4794.

### **Billiards**

Pickup Billiards, Tuesdays, 10 AM-12 PM

Garrett Pool Hall,

Thursdays, 10-12, Corner Pocket

Bob LaDrew, 484-722-8395

[bonkersboy@gmail.com](mailto:bonkersboy@gmail.com)

New Year's 9-ball Tournament, Jan. 8-19

Contact Bob LaDrew, 484-722-8395

[bonkersboy@gmail.com](mailto: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](mailto:btdooley215@gmail.com)

Bette Bohrman (610) 273-4191

[betteannbohrman@gmail.com](mailto:betteannbohrman@gmail.com)

### **WEL (Widows Enjoying Lunch)**

**Tuesday, January 9, 12:00 Noon:** 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 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](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 Tuesday, January 17<sup>th</sup>, at Noon at Grandview Commons. (Grandview Commons is the Club House across from StoneCroft. You'll need your badge for entry.) Guest Speaker: Dot Perry - Culinary Services Manager of Garrett - will be a guest speaker at the January Newbies lunch. Dot will speak about menus, catering services available and explain "full count" and the dining dollars discount. 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**

### **For 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. Meet the Artist will be Thursday,  
January 25<sup>th</sup>, from 1 - 3 PM

### **Life Enrichment Lectures**

**Life Enrichment Lectures for January – start  
time of 2:15 PM, CWP A – 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.

#### **Monday, February 5 - Dining at the White House with Chef John Moeller**

Chef John Moeller - a Lancaster County native, served in the White House preparing cuisine for President George H.W. Bush, President Bill Clinton, President George W. Bush, First Families, guests, and visiting Heads of State. Chef Moeller joined the White House kitchen in 1992, eventually acting as White House Chef in 2005. Over the course of his career, he focused on creating unique, one-of-a-kind dishes through fresh and flavorful ingredients.

#### **Monday, February 12 - The Gwynne & Judy Show**

Last year Judy's story was highlighted and this program will feature Gwynne. Not sure what she is planning for this program, but please put this date on your calendar.

#### **Monday, February 19 - Get to Know You**

Short introductions by staff & the Life Enrichment Committee featuring our new residents. Come and see/hear and support our new folks. Refreshments afterwards.

**Monday, February 26 - A Penicillin Breakthrough: The Story of G. Raymond Rettew**

Ellen Endslo - Director of Collections/Curator at the Chester County History Center, will share about the remarkable life, science and story of G. Raymond Rettew. He used his knowledge of chemistry first to develop the mushroom spawn industry and then to mass-produce penicillin. Rettew's perseverance in the early years of World War II changed the world then and our own expectations of survival today.

## **TRIPS**

**Look for these brochures in both RBCs:**

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

**June 3-5, 2024 Elite Coach/Amazing Travel Treasures Altoona Trip**

We are hoping to have the brochure completed and out in the trip bins in January

**September 23-26 Elite Coach/Amazing Travel Treasures Williamsburg Trip**

We are hoping to have the brochure completed and out in the trip bins in January

## **CONCERT SERIES**

The start time of concerts are 7:30 unless a different time is noted. Tel Hai transportation will be available from the Garrett at 7pm. Concerts are held in StoneCroft's Center for Worship and Performing Arts.

**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) 2:00 PM**

Pianist Jeffrey Uhlig returns to Tel Hai for a captivating afternoon of entertainment with violinist David Kim. A regular performer with members from the Philadelphia Orchestra, Uhlig is an in-demand chamber music player, vocal coach and accompanist. Kim is a Philadelphia Orchestra Concertmaster and an acclaimed soloist. The time is 2:00 PM in the CWPA. Please get this date on your calendars now. Note the afternoon time.

**Friday, March 1 - Jim Correnti**

**Friday, March 15 - Rizzetta's Tones**

## **Movies**

### **January 5, 7:00 PM, CWPA: Oppenheimer**

Considered to be the movie of the century: The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb and the subsequent moral dilemma it created. Cillian Murphy, Emily Blunt, Matt Damon. 2023. Rated R. 3 hours. The R rating will be reviewed prior to the movie.

### **Friday, January 26th, 7:00 pm, CWPA:**

#### **Forgotten Love**

A respected, wealthy surgeon professor falls victim to a mugging that causes amnesia. Years later, poor and still suffering from amnesia, he meets his long-lost daughter. It is a brilliantly shot, charming film about love, goodness, loyalty to principles, and a bit about Poland as it was between the World Wars. 2023. PG-13. 2 hr. 20 min

## **FOR YOUR INFORMATION**

**\*\* A complete calendar of events is located on the Resident Portal! Check it out on your smartphone, tablet, or computer!**

**\*\* Tune to Channel 965 for the daily information slides.**

**\*\* Tune to Channel 968 for live streaming of**

Sunday chapel services. All other programs will be only in-person unless otherwise noted.

**\*\*At the time of publication, this edition of *What's New?* is as accurate as possible. Any corrections required, will be shown on Channel 965.**

## **ABBREVIATIONS KEY**

### **Garrett CC, Lakeview and Healthcare Center**

A/C – Auditorium/Chapel  
ADS – Adult Day Services  
AZSQ – Azalea Square Dining Room  
DB – Daily Brew  
FR – Friendship Room (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



# January 2024 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 New Year's Day 1/1/24**

**SCAC will host a swim meet on Wednesday 1/17. The pool will close at 2:00pm. Please note, the water temperature will be cooler than normal to accommodate the meet.**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Pool &amp; Lap Swim</b>	<u><b>SCAC:</b></u> 7:30am-12:00pm  <u><b>GCCP:</b></u> 7:30am-9:30am	<u><b>SCAC:</b></u> 7:30am-12:00pm 1:00pm-6:00pm  <u><b>GCCP:</b></u> No Lap swimming due to class running	<u><b>SCAC:</b></u> 7:30am-12:00pm 12:30pm-6:00pm  <u><b>GCCP:</b></u> 7:30am-9:30am	<u><b>SCAC:</b></u> 7:30am-12:00pm 1:00pm-6:00pm  <u><b>GCCP:</b></u> 1:15pm-2:15pm	<u><b>SCAC:</b></u> 7:30am-12:00pm 12:30pm-3:00pm  <u><b>GCCP:</b></u> 7:30am-9:30am	<u><b>SCAC:</b></u> 7:30am-12:00pm  <u><b>GCCP:</b></u> 9:00am-11:00am	<u><b>SCAC:</b></u> Closed  <u><b>GCCP:</b></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><b>SCAC:</b></u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am  <u><b>GCCP:</b></u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am	<u><b>SCAC:</b></u> <b>Aqua Spin</b> 8:00am-8:45am <b>Pre- registration required</b> <b>Deep Water</b> 9:15-10:00am <b>Aqua Spin</b> 2:30- 3:15pm Pre-registration required  <u><b>GCCP:</b></u> <b>Water Tai Chi</b> 1:15-2:00pm	<u><b>SCAC:</b></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><b>GCCP:</b></u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am	<u><b>SCAC:</b></u> <b>Aqua Spin</b> 8:00-8:45am Pre-registration required <b>Deep Water</b> 9:15-10:00am  <u><b>GCCP:</b></u> None	<u><b>SCAC:</b></u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am  <u><b>GCCP:</b></u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am	<u><b>SCAC:</b></u> <b>Resident Led Deep Water</b> 9:15-10:00am  <u><b>GCCP:</b></u> None	<u><b>SCAC:</b></u> None  <u><b>GCCP:</b></u> None
<b>Volley Ball</b>	None	<u><b>GCCP:</b></u> <b>Resident</b> <b>2:30-3:30pm</b>	None	<u><b>GCCP:</b></u> <b>Resident</b> <b>2:30-3:30pm</b>	None	None	None Updated 12/14/2023
<b>SCAC Lessons</b>	None	<b>3:45pm-5:50pm</b>	None	<b>3:45pm-5:50pm</b>	None	None	None

# January 2024 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 New Year's Day 1/1/24**

**SCAC will host a swim meet on Wednesday 1/17. The pool will close at 2:00pm. Please note, the water temperature will be cooler than normal to accommodate the meet.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Pool &amp; Lap Swim</b>	<u><b>SCAC:</b></u> 7:30am-12:00pm  <u><b>GCCP:</b></u> 7:30am-9:30am	<u><b>SCAC:</b></u> 7:30am-12:00pm 1:00pm-6:00pm  <u><b>GCCP:</b></u> No Lap swimming due to class running	<u><b>SCAC:</b></u> 7:30am-12:00pm 12:30pm-6:00pm  <u><b>GCCP:</b></u> 7:30am-9:30am	<u><b>SCAC:</b></u> 7:30am-12:00pm 1:00pm-6:00pm  <u><b>GCCP:</b></u> 1:15pm-2:15pm	<u><b>SCAC:</b></u> 7:30am-12:00pm 12:30pm-3:00pm  <u><b>GCCP:</b></u> 7:30am-9:30am	<u><b>SCAC:</b></u> 7:30am-12:00pm  <u><b>GCCP:</b></u> 9:00am-11:00am	<u><b>SCAC:</b></u> Closed  <u><b>GCCP:</b></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><b>SCAC:</b></u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am  <u><b>GCCP:</b></u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	<u><b>SCAC:</b></u> Aqua Spin 8:00am-8:45am Pre- registration required Deep Water 9:15-10:00am Aqua Spin 2:30- 3:15pm Pre-registration required  <u><b>GCCP:</b></u> Water Tai Chi 1:15-2:00pm	<u><b>SCAC:</b></u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am Aqua Spin- Staff 4:30-5:15 Pre-registration required  <u><b>GCCP:</b></u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	<u><b>SCAC:</b></u> Aqua Spin 8:00-8:45am Pre-registration required Deep Water 9:15-10:00am  <u><b>GCCP:</b></u> None	<u><b>SCAC:</b></u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am  <u><b>GCCP:</b></u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	<u><b>SCAC:</b></u> Resident Led Deep Water 9:15-10:00am  <u><b>GCCP:</b></u> None	<u><b>SCAC:</b></u> None  <u><b>GCCP:</b></u> None
<b>Volley Ball</b>	None	<u><b>GCCP:</b></u> Resident 2:30-3:30pm	None	<u><b>GCCP:</b></u> Resident 2:30-3:30pm	None	None	None Updated 12/14/2023
<b>SCAC Lessons</b>	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	None	None

## ***Worship Schedule January 2024***

### **Tuesday, January 2**

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

### **Thursday, January 4**

10:00 AM Bible Discussion Group – THSR

### **Sunday, January 7**

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

### **Tuesday, January 9**

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

### **Thursday, January 11**

10:00 AM Bible Discussion Group – THSR

1:00 PM – GriefShare SPDR

### **Sunday, January 14**

9:00 AM – Chapel: CWPA or 968

Message: Chaplain Tim Herr

Piano: Frank Starr

10:30 AM – Chapel: A/C or 968

Message: Chaplain Tim Herr

Piano: Frank Starr

### **Tuesday, January 16**

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

### **Thursday, January 18**

10:00 AM Bible Discussion Group – THSR

1:00 PM – GriefShare – SPDR

2:00 PM – Catholic Mass A/C

### **Sunday, January 21**

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, January 23**

1:30 PM Bible Study with Irene Weaver – GR

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

### **Wednesday, January 24**

10:30 AM Chapel Service with Music and  
Meditation - A/C

### **Thursday, January 25**

10:00 AM Bible Discussion Group – THSR

1:00 PM – GriefShare – SPDR

### **Sunday, January 28**

9:00 AM – Chapel: CWPA or 968

Message: Chaplain Tim Herr

Music: Clark Lash

Piano: Danton Arlotto

10:30 AM – Chapel: A/C or 968

Message: Chaplain Tim Herr

Music: Clark Lash

Piano: Danton Arlotto

### **Tuesday, January 30**

1:30 PM Bible Study with Irene Weaver –  
GR

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