

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 - 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 2nd floor

Every Wednesday

7:30 – 9:30 AM – Breakfast available: Garden Café
1:00 PM – Mahjong – all are welcome: Conservatory
1:30 PM – Practicing Painters (bring your supplies and enjoy the company of others): AOE
7:00 PM – Bridge: DB

Every Thursday

10:00 AM – Bible Discussion Group: THSR
10:00 AM – Women's Community Bible Study: CWPA & SPDR
1:00 PM – GriefShare: SPDR
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 February, 2024

Thursday, February 1

2:00 - 4:00 PM – Nimble Fingers – bring your knitting, crocheting, or other needle art projects: Conservatory
10:30 AM – Veterans Coffee Hour: MR
11:30 AM – 12:30 PM – Ask A Nurse: THSR

Friday, Feb. 2

7:00 PM – Movie Night, Best of Enemies: CWPA

Monday, Feb. 5

2:15 PM – LEC presents, *Dining at the White House* by Chef John Moeller: CWPA

Tuesday, February 6

9:00 AM - Chime Choir Rehearsal : GR
9:30 AM – Diabetes Management Class: CWPA Dockside
1:30 PM – Bible Study with Irene Weaver: GR
1:00 – 3:00 PM – Beginners/Intermediate Chess Matches: HCSR

Wednesday, February 7

1:00 PM - Shuttle to Crops – sign up needed
11:00 AM – Choir Rehearsal: A/C
1:00 PM – Coffee and Clarity on Campus Portal: CWPA
2:00 PM - Scrabble: THSR

Thursday, February 8

2:00 PM – Teachers meet together - GR

Monday, Feb. 12

2:15 PM – The Gwynne & Judy Show: CWPA

Tuesday, February 13

9:00 AM - Chime Choir Rehearsal: GR
9:30 AM – Diabetes Management Class – CWPA Dockside
12:00 PM – WEL (Widows Enjoying Lunch): MDR
1:30 PM – Bible Study with Irene Weaver: GR
2:00 – 4:00 PM – Chocolate Celebration – Lakeview

****Denotes volunteer shuttle is available for this event**

Wednesday, February 14

10:30 AM – Ash Wednesday Service – A/C
11:15 AM – Choir Rehearsal: A/C
1:00 PM – Tech Time with Tim: MP
2:00 PM - **Afternoon of Song: CWPA.
Songs of love for Valentine's Day

Thursday, February 15

► Submissions for the March "What's New?" are due. Submit articles to whatsnew@telhai.org
12:00 PM – Newbies lunch: GVC
10:30 AM – Veterans/Spouses Brunch: MR
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: Conservatory

Friday, February 16

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

Saturday, Feb. 17

2:00 PM – Tel Hai Performing Arts series presents David Kim & Jeffrey Uhlig: CWPA – Note the special time
2:00 – 3:00 PM – Jay Daniels "African American Music": A/C

Sunday, February 18

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, Feb. 19

8:00 AM – Registration opens for Tai Chi. Contact Gwynne gjohnson@telhai.org or by phone at extension 2441
2:15 PM – LEC presents *Get to Know You*: CWPA
7:00 PM – Book Club: Conservatory

Tuesday, February 20

9:00 AM - Chime Choir Rehearsal : GR
9:30 AM – Diabetes Management Class: CWPA
1:30 PM – Bible Study with Irene Weaver: GR
1:00 – 3:00 PM – Beginners/Intermediate Chess Matches: HCSR

Wednesday, February 21

12:15 & 1:00 PM - Shuttle to Walmart – sign up needed
2:00 PM – Town Meeting
2:00 PM - Scrabble: THSR
7:00 PM - Journey to the Cross featuring Piercing Word, Tel Hai Choir and Chime Choir: CWPA

Thursday, February 22

2:00 PM – Care Partner Support Group: HCR(2)

Friday, Feb. 23

7:00 PM – Movie Night, Devotion: CWPA

Monday, Feb. 26

2:15 PM – LEC presents, *A Penicillin Breakthrough: The story of G. Raymond Rettew* by Ellen Endslow: CWPA

Tuesday, February 27

9:00 AM - Chime Choir Rehearsal : GR
1:30 PM – Bible Study with Irene Weaver: GR
1:00 PM – Talk with Scott – GCC MP

Wednesday, February 28

Vaccine Clinic hosted by Stauffer's Pharmacy: SC Health Suite. Appt. required.
1:00 PM – Talk with Scott – SC

GENERAL ANNOUNCEMENTS

Stauffer's Vaccine Clinic

****Wednesday February 28th**, vaccine clinic hosted by Stauffer's Pharmacy. Stonecroft Health Suite. Appointment required, sign up in the RBCs.

Campus Portal News

****As previously communicated, we plan to transfer and expand the reference information and forms currently found on the Campus Portal— hosted on the Tel Hai website at www.telhai.org — to the Touchtown Community App— hosted at www.communityapps.com. Effective January 31, 2024, the Campus Portal will be discontinued and removed from the Tel Hai website as the transition to Touchtown will be complete! There will be a Coffee and Clarity on Wednesday, February 7, at 1:00 PM in the CWPA for anyone who has questions or to see how it works.**

Workorder reminder

Did you know you can check the history of your workorder in Touchtown? If you put in a workorder through the Touchtown app, you can go into history to be sure it was received and what the status is. You can also call Facilities for a status update of the workorder. There is no reason to put in another workorder if you have not heard from anyone. Please check the history first before making a second request. This is what the button looks like on the app.

Calling All Teachers

Thursday, February 8, residents that were teachers of any subject are invited to meet in the Gathering Room from 2:00 - 3:00 PM

Honey Brook Food Pantry

Capping off a year of unprecedented need in our local community, nearly 750 family visits involving over 2,500 people took place between Thanksgiving and Christmas. The people served increased 27% over last year alone, and 42% over 2021. 1,600 donated toys were provided to 442 children and over 700 coats were distributed. We are beyond grateful for the support Tel Hai has provided to the HBFP. The needs continue and on behalf of all those we serve, many thanks and best wishes for the best 2024 ever! Ken Ross, Director

Choose your favorite song!

**Afternoon of Song is asking you for favorite songs for April and May. You may submit requests at the end of the February program or put a request in the mailbox of Frank Starr or Chris Tabb in Garrett by the end of February. We will try to get the music if compatible for group singing and published before the year 1980.

3rd Annual WAY TO WELLNESS

FAIRE

Tel Hai has so many committees, clubs, programs, and volunteer opportunities that it's hard to keep up! We are excited to host our 3rd Annual Way to Wellness Faire on Friday, March 22: 1:00 to 3:00 PM in the CWPA to showcase all we have to offer here at the Hill of Life! Members of various committees, clubs, and activities will be present to explain what they do and how you can become involved.

If you are interested in reserving a table for your club, program or activity, please notify Allyson Welsh, Director of Wellness and Resident Services at 610-273-9333, ext. 2756 or Awelsh@telhai.org.

Train Room Open House

Residents: If you didn't get a chance to visit us during our 2023 holiday open houses, our Christmas displays will be up till the end of February. Come and see them on one of our regular 1:00 - 3:00 PM Thursday openings before the end of February. Except for the third Thursday of the month when we have a meeting.

Volunteer Engagement Committee:

The Love Offering will conclude on February 15th. All items can be placed on the tables located in the lobby of the Garrett Community Center and at StoneCroft.

What's New? Deadline

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

WORSHIP

Israel Trip Rescheduled

The new dates for the Israel trip are March 1-13, 2025. New registrations are now open. Look for the new brochures in the resident business office, or see Chaplain Hicks for details and to register.

Lenten Series for February

Wednesday, February 14th is the beginning of Lent. The following services will be offered during the month of February:

Ash Wednesday Worship Service and distribution of ashes for all faiths - Wednesday, February 14th at 10:30 AM - A/C

Journey to the Cross Service of music and drama featuring a dramatization of the Holy Week events presented by "Piercing Word" with additional music provided by the Tel Hai Choir and Chime Choir - Wednesday, February 21 at 7:00 PM in the CWPA.

HEALTH & WELLNESS

Winter Session 2 - Aqua Spin

Registration opens Thursday, February 1, beginning at 12:00 PM. The session is February 20th through March 28th

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 8:00 AM

Tuesdays **2:30 PM** - new time

Thursdays 8:00 AM

Registration is required for all classes and space is limited. Class must meet a minimum of 3 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 for more information.

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 February: Monday the 12th, 19th & 26th from 11:00 AM - 4:00 PM. Friday the 16th from 11:00 AM-4:00 PM. Please contact Shelly Hansen at shellyinlight@verizon.net or 610-466-7733 to schedule an appointment.

CAMPUS SPECIAL EVENTS

Chocolate Celebration

You are invited to a Chocolate Celebration in Lakeview Personal Care on Tuesday, February 13 from 2 - 4 PM. It is a time to socialize and enjoy some chocolate items. Please RSVP to Kristin Stambolian at 484-796-4259 by February 7.

What is the Nimble Fingers group?

Tel Hai residents that enjoy knitting, crocheting or other needle arts. We get together twice a month on the first and third Thursdays of each month in the Brownstone Conservatory. All residents are welcome. Our get togethers consist of trading tips and techniques and good conversation while we work on our own projects. We also help each other when possible in reading patterns, selecting yarns, and correcting mistakes. Do you have a knowledge of knitting or crocheting but haven't done it for a while? Come see us and we'll help you refresh your knowledge and finish that project. We meet from 2:00 to 4:00 PM. Come for one or two hours. Question? Susie Arbogast at 484-722-8171.

Tai Chi

Tai Chi will continue from February 29 - April 18. 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 begins Monday, February 19, 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.

Book Club

The Book Club at StoneCroft will be meeting Monday, February 19, at 7:00 PM, in the Conservatory at Brownstone. We welcome new members. This month's book is American Dirt by Jeanine Cummins. For information, please contact Sandy Koenig at ext. 4794.

Billiards

- Pickup Billiards, Tuesdays, 10 AM-12 PM
Garrett Pool Hall and Thursdays, 10-12,
Corner Pocket
- Mardi Gras Tournament Feb. 13, 8:50 AM -
12 Noon @ Garrett Pool Room. Donuts and
coffee available
- Novice Billiards, every Wednesday 6:00
PM: Corner Pocket- must pre register
Bob LaDrew, 484-722-8395
bonkersboy@gmail.com
- Women's Walk-in Billiards, Mondays, 2:00 -
4:00 PM; Garrett Pool Hall - Contact is
Barbara Dooley (610) 273-4756
btdooley215@gmail.com or Bette Bohrman
(610) 273-4191
betteannbohrman@gmail.com

Care Partner Support Group

The Care Partner Support Group will be held on February 22, in the Hillcrest Conference Room (2nd floor) from 2:00-3:00 PM. Shuttle is available. Please contact Caroline Cooley with any questions ext. 2762.

WEL (Widows Enjoying Lunch)

Tuesday, February 13, 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 Thursday, February 15th, at Noon at 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 February

Stone Croft Display Case: Items you are proud of.

Garrett Display Case: Color Club and coloring from the Meadows and Lakehouse

Clark Gallery: Resident Artist: Donna Saurina

Life Enrichment Lectures

****Start time of 2:15 PM, CWPA - please call the shuttle at 484-798-3057 if you need a ride**

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 Endslow - 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.

Monday, March 4 - Wolf Sanctuary Presentation

Wolves have been plagued by myth and misinformation for centuries. This has led to conservation issues across the globe, but it has also led to wolves being improperly handled as household pets. At Wolf Sanctuary of PA, gray wolves and wolf-dogs are given back their dignity. The sanctuary, located in Lititz, PA, has been rescuing these mysterious and misunderstood creatures since 1980 and is currently home to 56 gray wolves and wolf-dogs.

Through guided tours the sanctuary also seeks to dispel some of the common myths about wolves and provide a more accurate and respectful image of this Keystone species. During this presentation, you will learn the truth about these magnificent predators and hear stories about the sanctuary and the unique lives of the animals that live there.

Monday, March 11- The Marquis de Lafayette: An American Hero

Historian and author, Bruce Mowday, is back to discuss the rise of Lafayette to the status of America's first international hero. The historical importance of the Battle of Brandywine - where Lafayette was wounded on September 11, 1777 - is the focus of Mowday's most recent book on Lafayette's role in America's fight for freedom.

Monday, March 18 - The Old Guard, Arlington & The Tomb of the Unknown Soldier

George March, a former Sentinel and Assistant Relief Commander at the Tomb of the Unknown Soldier in Arlington National Cemetery, and Past President of the Society of the Honor Guard, presents an audiovisual program about the U.S. Army's 3rd Infantry Regiment (The Old Guard), about Arlington National Cemetery, and about the Tomb of the Unknown soldier.

Monday, March 25 - Barbarians at the Gate: The History of Walls

As early as 8,000 B.C., man constructed walls to surround towns and cities. Ultimately, the purpose was to provide security for themselves and their property. It was a communal effort by the "civilized" in fear of the "barbarian." Jeff Heim will provide insight on the who, why, and where walls have been built, and an introspective view into the purpose and effort of building walls then and now.

TRIPS

A note from Judy: Many have asked why trip registration forms are to be turned in to the "Activities Mail" locked box located outside the Garrett pool doors. Since my office is located just inside the Garrett pool doors, that box is what I open first and start taking the reservations from. I oversee multi-day trips and a few day trips throughout the year. So, when a trip falls under me, I ask that the forms be placed there. You may turn your form in at the SC desk for Carleen, and she will send to me, but it may take a day or so. I work with a trip committee, and they plan and oversee trips as well, and then you will be asked to send the form directly to them. Make sure you read carefully where a reservation form is to be placed. Also, I send out email notifications when I have received your form. If you turn in a form to me, and don't hear from me after a couple of days, please contact me.

Trips in the making:

The committee is working on these possibilities - Taste Buds, Woody's Crab House, Atlantic City one day, Hershey/Harrisburg one day, Daniel at Sight & Sound, Ladies Evening out to see Sound of Music and another evening out to see Hairspray (both at Dutch Apple/served meal), Boyertown Trip, American Music Theater/Hershey's Family style meal at Christmas time.

The trip committee enjoys working together, and we hope to get additional brochures out soon.

June 3-5, 2024 Elite Coach/Amazing Travel Treasures, Trains, Tragedy and Tributes Trip

Brochures are located in the travel bins in both Resident Business Centers.

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

Brochures will be located in both Resident Business Centers by Feb. 1.

CONCERT SERIES

******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. Concerts are held in StoneCroft's Center for Worship and Performing Arts. Bus transportation will be available at the Garrett 30 minutes before the start time of a concert.

Saturday, February 17, 2 PM - David Kim (Violin) & Jeffrey Uhlig (Piano)

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

Mr. Correnti has been a long-term (over 30 years) performer for us. He's a Julliard graduate, and plays the piano beautifully. Come and enjoy an evening of piano.

Tuesday, March 12 - Dance Night with a live band

More info coming, but a meal will be offered prior, and the band will perform from 7:00 - 9:00 PM. Should be a fun evening.

Friday, March 15 - Rizzetta's Tones

Rizzetta's Tones is a Celtic folk band comprising "fraternal twin" hammer dulcimers, silver flutes, high and low whistles and guitars. Their musical repertoire includes music from Ireland and Scotland, along with inspiration from other faraway lands.

FOR YOUR INFORMATION

******Denotes volunteer shuttle is available for this event

- A complete calendar of events is located on the Touchtown App! 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

Worship Schedule February 2024

Thursday, February 1

10:00 AM Bible Discussion Group – THSR

1:00 PM – GriefShare – SPDR

Sunday, February 4

9:00 AM – Chapel: CWPA or 968 – Communion

Message: Chaplain David Hicks

Piano: Ruthann Stevenson

10:30 AM – Chapel: A/C or 968

Message: Chaplain David Hicks

Piano: Ruthann Stevenson

Tuesday, February 6

1:30 PM Bible Study with Irene Weaver – GR

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

Thursday, February 8

10:00 AM Bible Discussion Group – THSR

1:00 PM – GriefShare SPDR

Sunday, February 11

9:00 AM – Chapel: CWPA or 968

Message: Pastor Dan MacDonald

Piano: Frank Starr

10:30 AM – Chapel: A/C or 968

Message: Pastor Dan MacDonald

Piano: Frank Starr

Tuesday, February 13

1:30 PM Bible Study with Irene Weaver – GR

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

Wednesday, February 14 – Ash Wednesday

10:30 AM Distribution of Ashes Service – A/C

Pastor Susan Sosnin and Chaplains

Thursday, February 15

10:00 AM Bible Discussion Group – THSR

1:00 PM – GriefShare – SPDR

2:00 PM – Catholic Mass A/C

Sunday, February 18

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, February 20

1:30 PM Bible Study with Irene Weaver – GR

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

Wednesday, February 21 Lenten

Service

7:00 PM **Lenten Service – CWPA

Choir, Chime Choir and Piercing Word Drama

Troupe presenting "Journey to the Cross" –

CWPA

Thursday, February 22

10:00 AM Bible Discussion Group – THSR

1:00 PM – GriefShare – SPDR

Sunday, February 25

9:00 AM – Chapel: CWPA or 968

Message: Pastor Dwayne Walton,

Executive Director, Parkesburg Point

Music: Clark Lash

Piano: Danton Arlotto

10:30 AM – Chapel: A/C or 968

Message: Message: Pastor Dwayne Walton

Music: Clark Lash

Piano: Danton Arlotto

Tuesday, February 27

1:30 PM Bible Study with Irene Weaver –

GR

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

Wednesday, February 28

10:30 AM Chapel Service

Meditation: Clark Lash

Music: Chaplain David Hicks

Thursday, February 29

10:00 AM Bible Discussion Group – THSR

1:00 PM – GriefShare – SPDR

StoneCroft Aquatics Center Schedule

February 2024



Check for updates at the following sources: Phone Hotline 610-273-4050, telhai.org/pool, SCAC entrance signs, Channel 965, and Tel Hai's Facebook.

We apologize in advance for any closures.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hours Open	7:30am-12:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-6:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Open/ Lap Swim	7:30am-12:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-6:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Spa	7:30am-12:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-6:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Water Fitness Classes 3 lanes	Aqua Aerobics 9:30am-10:30am Arthritis 10:30am-11:30am	Aqua Spin 8:00am-8:45am Pre- registration required Deep Water 9:15am-10:00am Aqua Spin 2:30pm – 3:15pm 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 Updated 1/16/2024

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 swim test
- *No food on deck
- *No glass containers on deck or in locker rooms
- *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
- *No spitting, spouting water, blowing nose or discharge of bodily waste in the pool
- *Pull cords for emergencies only

Swim meet schedule:

Swim Meets have concluded for 2024 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.

February 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.

	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 Pre- registration required Deep Water 9:15-10:00am Aqua Spin 2:30- 3:15pm Pre-registration required <u>GCCP:</u> Water Tai Chi 1:15-2:00pm	<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 1/16/2024
SCAC Lessons	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	None	None