

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

- 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

- Trash pick-up day, please have out Tuesday night
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

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 Saturday

- 1:30 – 3:30 PM – Women's Walk-in Billiards – GCC

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 March, 2024

Friday, March 1

7:30 PM – Tel Hai Performing Arts features **Jim Correnti**: CWPA **

Monday, March 4

2:15 PM – LEC **Wolf Sanctuary** program: CWPA**

Tuesday, March 5

1:30 PM – Women's Bible Study/Irene Weaver: GR
1:00 – 3:00 PM - Hillcrest Open House
1:00 – 3:00 PM – Beginners/Intermediate Chess Matches: HCSR

Wednesday, March 6

12:30 SC & 12:45 GCC – depart for Fulton Plays
1:00 PM - Shuttle to Crops – sign up needed
2:00 PM - Main Line Colorectal Cancer Presentation: CWPA**
11:00 AM – Choir Rehearsal: A/C
2:00 PM - Scrabble: THSR

Thursday, March 7

10:30 AM – Veterans Coffee Hour: MR
2:00 - 4:00 PM – Nimble Fingers – bring your knitting, crocheting, or other needle art projects while enjoying conversation: Conservatory

Friday, March 8

7:00 PM – Movie Night **Lighthouse of the Orcas**: CWPA

Monday, March 11

2:15 PM – LEC presents Historian/Author, Bruce Mowday with **The Marquis de Lafayette: An American Hero**: CWPA**

Tuesday, March 12

12:00 PM – WEL (Widows Enjoying Lunch): MDR
1:30 PM – Women's Bible Study/Irene Weaver: GR
Special Event – 5:30 PM Dinner in the CWPA followed by the **By Request Dance Band** -7-9 PM: CWPA**

**Denotes volunteer shuttle is available for this event

Wednesday, March 13

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

11:15 AM – Choir Rehearsal: A/C

2:00 PM - **Afternoon of Song: CWPA.

First half is mix of songs; last half the Irish take over.

Thursday, March 14

2:00 PM – Teachers meet together - GR

Friday, March 15

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

12:00 PM – Newbies lunch: GVC

7:30 PM – Tel Hai Performing Arts features *Rizzetta's*

Tones: CWPA**

► Submissions for the April “What’s New?” are due. Submit articles to whatsnew@telhai.org

Sunday, March 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, March 18

2:15 PM – Life Enrichment (LEC) presents George March with his talk *The Old Guard, Arlington & The Tomb of the Unknown Soldier*: CWPA**

7:00 PM – Book Club: CWPA poolside

Tuesday, March 19

10:30 AM departure from Grandview Commons for Tel Hai trip – reservation required

1:30 PM – Women’s Bible Study/Irene Weaver: GR

Wednesday, March 20

1:00 PM – Tech Time with Tim: MP

2:00 PM - Scrabble: THSR

Thursday, March 21

10:30 AM – Veterans/Spouses Brunch: MR

2:00 - 4:00 PM – Nimble Fingers – bring your knitting, crocheting, or other needle art projects while enjoying conversation: Conservatory

2:00 PM - Catholic Mass: A/C

Friday, March 22

1:00 to 3:00 PM - Way to Wellness event: CWPA

7:00 PM – Movie Night, *Boys in the Boat*

Monday, March 25

2:15 PM – LEC presents, Jeff Heim with *Barbarians at the Gate: The History of Walls*: CWPA

Tuesday, March 26

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

Matches: HCSR

1:00 PM – Talk with Scott – GCC MP

Wednesday, March 27

Vaccine Clinic hosted by Stauffer’s Pharmacy: SC Health Suite. Appt. required.

1:00 PM – Talk with Scott – SC

2:00 PM – Holy Week Communion Service – A/C

Friday, March 29

2:00 PM – Good Friday Service – CWPA**

Sunday, March 31

6:30 AM – Easter Sunrise Service: GV Amphitheater

9:00 AM Easter Chapel Service: CWPA & 968

10:30 AM – Easter Chapel Service: A/C & 968

GENERAL ANNOUNCEMENTS

Way To Wellness Event

Stop by the CWPA on **Friday, March 22 between 1:00 to 3:00 PM to discover the Wellness and Volunteer offerings at Tel Hai. A wide variety of clubs, committees and classes will be present to provide information on how you can become involved at Tel Hai.

**March is Colorectal Cancer Awareness Month.

On Wednesday, March 6, 2024, at 2:00 PM, please join us in the Stonecroft CWPA to hear a guest speaker from Main Line Health who will provide information on how you can prevent and screen for colorectal cancer. Shuttle will be provided for those that need transportation by calling the GCC front desk at ext. 2040. If you have any questions, please contact Caroline Cooley for questions at ext. 2762. RSVPs are NOT required.

What's New? Deadline

The LAST DAY to submit articles for the April “What’s New?” is Friday, March 15. Email your article to whatsnew@telhai.org.

Duplicate Spades

Last year Steve Wilson requested that anyone who might be interested in learning and playing a group card game called "Duplicate Spades" or "Party Spades:" to contact him. There were a few interested; however, there were not enough to pursue it. We will need a minimum of 8 people (besides the Wilsons). A couple of questions were raised:

When would it be? That would be determined by the interested parties. It could be an evening or a Saturday afternoon. It takes about 2 1/2-3 hours.

Where will it be? The Daily Brew.

What if I don't know how to play Spades? That is not a problem. We will teach folks how to play. If you have played bridge, or pinochle, or euchre, you will already know the basics. Please email Steve at wilson2of7@gmail.com if you have any interest in learning more.

Thank you

I want to share my gratitude on behalf of Human Services Inc. and the many folks who will benefit from the generosity of so many people here at Tel Hai. Over 500 donated items will be used to welcome former homeless individuals and families into their new home. They will be able to clean their new home, prepare a meal, take a shower, and go to sleep under their new sheets and blankets. Your kindness means so much to so many people. Thank you, Betsy Kearney, Volunteer Engagement Committee

Hillcrest Open House

Marketing is holding an open house featuring the Garrett Community Center and Hillcrest Apartments on **Tuesday, March 5, 2024**, from **1:00 – 3:00 PM**. In anticipation of many guests joining us for the open house, we would kindly

ask that you plan your visit to the GCC either a little earlier, or a little later, on March 5.

If interested in touring the Hillcrest apartments during the open house, please RSVP by March 1 at: telhai.org/HillcrestOpenHouse

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

The office of Senator Katie Muth will be visiting Tel Hai on April 17th in the CWPA Poolside from 3:00 PM 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 extension 2040.

WORSHIP

Israel Trip March 2025

The new dates for the next 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.

Holy Week Services for March

Wednesday, March 27 – 2:00 PM -Holy Week Service of Communion – A/C

Friday, March 29 – 2:00 PM – Good Friday service of worship featuring the Tel Hai Choir and Chime Choir: CWPA

Sunday, March 31 – 6:30 AM – Easter Sunrise Service: Grandview Commons Amphitheater

Sunday, March 31 – 9:00 AM – Easter Celebration Service: CWPA

Sunday, March 31 – 10:30 AM – Easter Celebration Service: A/C

Saturday, April 20 - 7:00 PM The Rockingham Male Chorus from Rockingham County, Virginia, will provide a concert of Sacred Music in the CWPA. Included in this chorus are members of Sam Wampler's family. A freewill offering will be received. Subgroups of the chorus will be singing at 2:00 PM in the Health Care and Personal Care facilities.

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 for March: Monday the 4th, 11th, 18th & 25th from 11:00 AM - 4:00 PM. Friday the 8th from 11:00 AM - 2:00 PM. Please contact Shelly Hansen at shellyinlight@verizon.net or 610-466-7733 to schedule an appointment.

CAMPUS SPECIAL EVENTS

****Special Dinner/Dance - March 12, 2024 - meal at 5:30 PM and band begins at 7:00 PM and plays until 9:00 PM: CWPA and bus transportation available**

By Request is a variety of dance band playing music of the 40's through the 70's. We have performed all over central Pennsylvania for retirement villages, private functions, clubs, and ballroom dance groups. We are called "By Request" because we pride ourselves in being able to play most requests and tailor our programs to the type of music our audience desires. We have been in existence for over 30 years.

The personnel of By Request is as follows:

Skip Stine - Trumpet

Steve Shiffer - Trombone

Dan Hoover - Sax

Bob Kreitz - Keyboards

Larry Bortz - Drums.

If you are not able to make the meal and just want to come for the band portion, that is OK too. Look for more information on bulletins boards, and we will do mass emails/965 to give details concerning the menu and time of meal. We are thinking the meal will begin around 5:00 or 5:30 PM.

Book Club

The Book Club at StoneCroft will be meeting Monday, March 18 at 7:00 PM, in CWPA (poolside). We welcome new members. This month is a **TALK BY BRUCE MOWDAY (CIVIL WAR)**. For information, please contact Sandy Koenig at ext. 4794.

Care Partner Support Group

The Care Partner Support Group will be taking a brief break for a couple of months. There will be information in the April issue of What's New regarding a start date.

Billiards

- Pickup Billiards, Tuesdays, 10:00 AM-12:00 PM
Garrett Pool Hall and Thursdays, 10:00 - 12:00 PM, Corner Pocket
- Ides of March Pool Tournament
March 12 - 25 Bob LaDrew, 484-722-8395
bonkersboy@gmail.com

Women's Walk-in Billiards, Thursdays, 1:30 - 3:30 PM and Saturdays, 1:30-3:30 PM
Garrett Pool Hall - Contact is Barbara Dooley
(610) 273-4756 btdooley215@gmail.com or
Bette Bohrman (610) 273-4191
betteannbohrman@gmail.com

WEL (Widows Enjoying Lunch)

Tuesday, March 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 Friday, March 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 March

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, March 4 - Wolf Sanctuary Presentation

Wolves have been plagued by myths 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.

Monday, April 8 - Living the Cuban Missile Crisis: An American Teacher's Memoir by Author, Donna McLay

Donna McLay finished college in 1958 and was a teacher for many years. She married a member of the U.S. Navy and applied for a teaching job at the military base outside of the United States, and the couple were assigned to the U.S. Naval Base at the Guantanamo Bay, Cuba in 1960. Donna was teaching 5th grade during the Cuban Missile Crisis. Come and hear Donna Searle McLay's fascinating story *Living the*

Cuban Missile Crisis. Books will be available for purchase.

Monday, April 15 - Prayers for a Widow's Journey

Book launch! Cake! Book giveaways! Gayle Roper published her first book in 1970. Over the years she's written everything from first readers and junior novels to mysteries and romantic suspense. Her most recent book was released this March, and it's this release we're celebrating today. Come hear some of the highs and lows of Gayle's 54 years in publishing. Learn the story of how she came to write *Prayers for a Widow's Journey*.

Monday, April 22 - Meet & Greet: The Turtle Moon Native American Flute Circle

The Turtle Moon Native American Flute Circle is an 8-year-old Berks County community group of Native American-style flute enthusiasts who meet monthly to listen, play and learn. Members will present a program on a brief historic journey of indigenous instruments, origins and anatomy. They will have on display their personal collections, including historic and replica instruments, handcarved flutes and hand-crafted rhythm instruments.

Monday, April 29 - Reduce Inflammation Naturally

Do you have any of these signs of chronic inflammation like painful, swollen or stiff joints, pain in the tendons or ligaments and muscle stiffness? Dr. Leo McCormick of McCormick Chiropractic will review why inflammation happens, natural steps to reduce inflammation and management.

TRIPS

Tuesday, March 19 - Taste Buds trip to

Taqueria Moroleon - Trip is full

June 3-5, 2024 Elite Coach/Amazing Travel

Treasures Altoona Trip. This trip is now open to the broader community.

June 26, 2024 - Atlantic City, NJ -

Brochures are posted.

September 10 - Day trip to Raystown Lake

Brochures are posted.

September 23-26 Elite Coach/Amazing

Travel Treasures Williamsburg Trip

Brochures are posted and will open to the broader community mid to end of March.

We have dates for the trips listed below, but no brochures yet. We felt you should know these dates and get them on your calendars if interested.

July 17, 2024 - "Daniel" at Sight & Sound

July 24, 2024 - A Harrisburg/Hershey

August 1 - Ladies Night Out at Dutch Apple

Dinner Theater for Sound of Music

August 22 - Great Balls of Fire at Mt.

Gretna Theater

October 10 - Ladies Evening Out at Dutch

Apple Dinner Theater, Hairspray

December 19 & 27 - American Music

Theater Christmas and lunch at Hershey's

Restaurant

Friday, March 1 - Jim Correnti

Mr. Correnti has been a long-term performer for us (over 30 years). 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, 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.

Friday, April 5 - Red Satins

Prepare to be transported back in time to the 50s and 60s as you listen to songs you love and know by heart from Frankie Avalon, The Drifters, The Temptations and more. The six members are in their 60s & 70s, live in the Downingtown-Coatesville area and are members of the parish choir at St. Joseph Catholic Church.

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 the CWPA. Bus transportation will be available at the Garrett 30 minutes before the start time of a concert.

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

March 2024

Sunday, March 3

9:00 AM – Chapel: CWPA or 968 – Communion
Message: Chaplain Tim Herr
Music: Kitty Miley
Piano: April Herr
10:30 AM – Chapel: A/C or 968 – Communion
(dependent on COVID status)
Message: Chaplain Tim Herr
Music: Kitty Miley
Piano: April Herr

Tuesday, March 5

1:30 PM Bible Study with Irene Weaver –
GR
7:00 PM Men's Bible Study HCR(2)

Thursday, March 7

10:00 AM Bible Discussion Group – THSR
1:00 PM – GriefShare SPDR

Sunday, March 10

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

Tuesday, March 12

1:30 PM Bible Study with Irene Weaver – GR
7:00 PM Men's Bible Study HCR(2)

Thursday, March 14

10:00 AM Bible Discussion Group – THSR
1:00 PM – GriefShare – SPDR

Sunday, March 17

9:00 AM – Chapel: CWPA or 968
Message: Pastor Dan MacDonald
Music: Sue MacDonald
Piano: Frank Starr
10:30 AM – Chapel: A/C or 968
Message: Pastor Dan MacDonald
Music: Sue MacDonald
Piano: Frank Starr
7:00 PM – Hymn sing THSR

Tuesday, March 19

1:30 PM Bible Study with Irene Weaver – GR
7:00 PM Men's Bible Study HCR(2)

Thursday, March 21

10:00 AM Bible Discussion Group – THSR
1:00 PM – GriefShare – SPDR
2:00 PM – Catholic Mass A/C

Sunday, March 24 Palm Sunday

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

Tuesday, March 26

1:30 PM Bible Study with Irene Weaver –
GR
7:00 PM Men's Bible Study HCR(2)

Wednesday, March 27 Holy Week Communion

Service A/C and 968
2:00 PM Chapel Service – Meditation: Chaplains
Organ: Irene Wegehoft

Thursday, March 28

10:00 AM Bible Discussion Group – THSR
1:00 PM – GriefShare – SPDR



Friday, March 29 Good Friday Service CWPA

**2:00 PM Meditation on Christ's Death with Choir
and Chime
Choir

Sunday, March 31 Easter Services

6:30 AM – Easter Sunrise Service – Amphitheater or
GVC
Message: Chaplain Tim Herr
Music: Frank Starr
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

March 2024 – 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>10:30– 11:30am</u> Chair Yoga SC Group Exercise Room <i>Note new time</i>	<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>	<u>11:00am</u> Shuffleboard Tel Haven	<u>1:00 – 1:45pm</u> Resident Zumba SC Group Exercise Room <i>No class on 3/27</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	<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>	<u>3:30 – 4:30pm</u> Corn Hole Behind or in Grandview Commons
<u>11:00am– 12:00pm</u> Chair Yoga CWPA poolside	<u>1:15 – 2:00pm</u> Total Body Toning SC Group Exercise Room	<u>3:30 – 4:30pm</u> Line Dancing GCC Gathering Room	<u>11:45am – 12:45pm</u> <u>1:00 – 2:00pm</u> Tai Chi CWPA <i>Fee to participate; contact Gwynne x2441 for more information</i>	<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
<u>1:00 – 2:00pm</u> Strength & Balance SC Group Exercise Room	<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	**Watch 965 for updates 2/15/24 eatright.org		
<u>3:30 – 4:30pm</u> Line Dancing GCC Gathering Room		Eating Right for Older Adults <ul style="list-style-type: none">*Make half your plate fruits and vegetables.*Make at least half your grains whole.*Switch to fat-free or low-fat milk, yogurt and cheese.*Vary your protein choices.*Eat breakfast.*Limit sodium, saturated fat and added sugars.*Stay well-hydrated.*Enjoy your food but be mindful of portion sizes.*Cook more often at home, where you are in control of your food.*Order out without ditching goals: plan ahead and choose carefully.*Slow down at mealtime.*Consult a registered dietitian if you have special dietary needs.		
<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				

March 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> 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 2/20/2024
SCAC Lessons	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	None	None

StoneCroft Aquatics Center Schedule

March 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 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 2/20/2024

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 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.