

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 - 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 April, 2024

Monday, April 1

No LEC today

Tuesday, April 2

8:00 – 9:30 AM – Omelet Day: GCC /SC

2:00 PM – Main Line Health – Advanced Directives: CWPA**

Wednesday, April 3

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

11:00 AM – Choir Rehearsal: A/C

2:00 PM - Scrabble: THSR

Thursday, April 4

1:00 PM – GriefShare: SPDR

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, April 5

1:00 PM – Final Details for the Norwegian Ten Night Caribbean Cruise – those that are participating are strongly encouraged to attend: CWPA

7:30 PM – Tel Hai Performing Art Series presents The Red Satins: CWPA**

Saturday, April 6

12:15 PM departure from Garrett front entrance and 12:30 from SC front entrance to the Lancaster Symphony Orchestra – membership only

Monday, April 8

2:15 PM – Life Enrichment Committee (LEC) presents, *Prayers for a Widow's Journey* book launch/dessert bar celebration: CWPA**

**Denotes volunteer shuttle is available for this event

Tuesday, April 9

12:00 PM – WEL (Widows Enjoying Lunch): MDR
12:00 PM – Book Nook Teas (sign up needed)
1:00 – 3:00 PM – Beginners/Intermediate Chess
Matches: HCSR

Wednesday, April 10

11:15 AM – Choir Rehearsal: A/C
6:30 PM – Mexican Train Dominoes: Daily Brew

Thursday, April 11

2:00 PM – The Gaggles of Teachers. Speaker Sharon
Bennett - GR

Friday, April 12

7:00 PM – Movie Night, *Gran Turismo*: CWPA

Monday, April 15

► Submissions for the May “What’s New?” are due. Submit articles to whatsnew@telhai.org
12:00 PM – Newbies lunch: GVC
2:15 PM – Life Enrichment Committee (LEC) presents,
Living the Cuban Missile Crisis: An American Teacher’s Memoir by resident, Donna McLay:
CWPA**
7:00 PM – Book Club: CWPA poolside

Tuesday, April 16

2:00 PM – “Managing Money: A Caregiver’s Guide to Finances”: CWPA **

Wednesday, April 17

10:30 AM - Monthly Chapel: A/C
11:15 AM – Choir Rehearsal: A/C
11:30 AM – Cottage Expansion Update: CWPA
2:00 PM - Scrabble: THSR
1:00 PM – Tech Time with Tim: MP
12:15 & 1:00 PM - Shuttle to Walmart – sign up
3:00 – 5:00 PM Office of Senator Muth – Mobile
Constituent Services: CPWA PS **

Thursday, April 18

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, April 19

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

Saturday, April 20

7:00 PM Rockingham Male Chorus from Bridgewater,
VA. Free will offering: CWPA**

Sunday, April 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, April 22

2:15 PM – Life Enrichment Committee (LEC) presents,
*Meet & Greet: The Turtle Moon Native American
Flute Circle*: CWPA**

Tuesday, April 23

PA Primary Voting Day
12:00 PM – Book Nook Teas (sign up needed)
1:00 PM – Talk with Scott – GCC MP
1:00 – 3:00 PM – Beginners/Intermediate Chess
Matches: HCSR

Wednesday, April 24

11:15 AM – Choir Rehearsal: A/C
12:30 PM departure from GCC and 12:45 from SC for
Fulton Plays – members only
1:00 PM – Talk with Scott – SC
6:30 PM – Mexican Train Dominoes: Daily Brew
Vaccine Clinic hosted by Stauffer’s Pharmacy: SC
Health Suite. Appt. required.

Friday, April 26

7:00 PM – Movie Night, *Emperor*: CWPA

Monday, April 29

2:15 PM – LEC presents, *Reduce Inflammation
Naturally* by Dr. McCormick: CWPA**

GENERAL ANNOUNCEMENTS

****Care Partner Support Group**

A support group for those that are helping care for a family member or friend who has mild cognitive impairment or dementia. With guided topics each month, you will have the opportunity to learn about the different types of dementia, tips for managing behaviors, how to cope with emotional challenges, and how to plan for the future. The Care Partner Support Group meets on the fourth Thursday of each month at 2:00 PM starting in May. On odd months, meetings will be held in the Scalies Private Dining Room in Stonecroft, and even months will be held in the

Hillcrest Conference Room in the Garrett Community Center (2nd floor). If you have any questions about this group, please contact Caroline (ext. 2762) or Suzanne (ext. 4260). RSVP is NOT required for this group.

Cottage Expansion Project Update

Please join us on Wednesday, April 17 for an update regarding the cottage expansion project. Members of Leadership Team will provide details regarding approvals, site plans and tentative timelines for this WoodsEdge Neighborhood expansion. This informational meeting will be held in the CWPB on April 17 at 11:30 AM.

Line Dancing

Anyone interested in beginners line dance, depending on how many people are interested, Bunny Toscano is starting a new beginners class in April on Fridays from 2 to 3 PM. This is for men and women, a great way to exercise.

Mobile ENT

To schedule an appointment with the mobile ENT, please call 610-363-2532.

Afternoon Tea in the Book Nook StoneCroft

April 9th and April 23rd. Homemade scones with traditional condiments, tea sandwiches, fresh fruit, and mini desserts will be served. One seating at noon. \$15.99 (use Dining Dollars). **Reservations required** - sign up sheets are in the RBC in Garrett and StoneCroft.

Mexican Train Dominoes

Second and Fourth Wednesdays beginning April 10th. Set up time: 6:30 PM. Station: The Daily Brew. Questions? Station Master Steve Wilson. ALL ABOARD!

Afternoon of Song

Afternoon of Song will not meet in April but will return on May 8, 2024.

Political Activity Restrictions for a 501(c)3 Organization

The Pennsylvania Primary is April 23, 2024. Because Tel Hai is a 501(c)(3) not-for-profit organization, residents and team members are required to observe some restrictions that apply to on-campus political activities. Tel Hai residents and team members clearly have the right to free expression on political matters and public policy when they speak, write, distribute information, attend governmental meetings, support or oppose candidates, support or oppose legislation or engage in any other related political or legislative activity. However, Tel Hai residents and team members may not:

- a) use Tel Hai assets (i.e. photocopy machine, phones, mailboxes, resident lists), facilities, staff or Tel Hai volunteers, public spaces (including lawns and balcony banisters) for literature display, signage or any other political or legislative activity
- b) represent that individual positions held concerning candidates or legislation are those of Tel Hai Retirement Community
- c) compose lists for public positing or public dissemination among residents of candidates running for public office because placement of names in such listings often raise accusations of bias that the preferred candidate appears first in the list or otherwise preferred placement

If you have questions on the application of this policy, you may contact Tim Herr who serves as Tel Hai's Compliance Officer at Therr@TelHai.org or 610-273-9333 ext. 2009.

The Gaggle of Teachers

They will meet on April 11 in the Gathering Room. The speaker will be Sharon Bennett. She will talk about tutoring in the local community.

What's New? Deadline

The LAST DAY to submit articles for the May "What's New?" is Monday, April 15. Email your article to whatsnew@telhai.org.

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.

May 2 - 2:00 PM - 3:00 PM National Day of Prayer Gathering - spend an hour with the Chaplains following the Prayer Guide released by the National Day of Prayer Committee in praying for a variety of aspects of our national life: GR.

May 7 - 7:00 PM - Ascension Day Service - Debi Irene Wahl, first person performer and vocalist, will present the story of Corrie Ten Boom. The Ten Booms were a Dutch family active in supporting the Jewish Underground Movement during World War 2. Her family, including herself, were arrested and sent to a concentration camp. Corrie's story is an account of faithfulness and forgiveness. Music by the Tel Hai Choir: CWPA.

May 19 - 2:00 PM - Remembrance Service for Tel Hai Residents who died between July 1 and December 31, 2023. The service consists of a few sentences about each resident who is being remembered, music and prayers: CWPA.

HEALTH & WELLNESS

McCormick Chiropractic

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

Dr. Lori Wilde - Podiatry

Mondays in LVHS and Fridays in SCHS. Appointments required. Call Dr. Lori directly to schedule an appointment: 215-696-6078.

Amanda Rock - Financial Planner

Amanda is available for appointments on campus. Please call her directly to schedule an appointment: (800) 626-1190.

OnSite Dermatology

OnSite Dermatology is available for appointments in the SCHS. Call directly to schedule an appointment: 1-877-345-5300.

Massages at StoneCroft Health Suite

Massages in StoneCroft Health Suite for for April: Monday the 1st, 8th, 15th, 22nd, and 29th from 11:00 AM - 4:00 PM. Friday the 12th 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

Woods Edge Block Party

Would you like to help in any way or be on the planning committee? Contact Doris Rickards at 610-256-6067 or at rickardsdoris@gmail.com

Book Club

The Book Club at StoneCroft will be meeting Monday, April 15 at 7:00 PM, in CWPA (poolside). We welcome new members. This month is **The Maid** by Nita Prose. For information, please contact Sandy Koenig at ext. 4794.

Billiards

- Men's Pickup Billiards, Tuesdays and Fridays 10:00 AM-12:00 PM : Garrett Pool Hall and Thursdays, 10:00 - 12:00 PM, Corner Pocket - contact Bob LaDrew, bonkersboy@gmail.com, 484-722-8395
- Co-Ed Partners Pool Tournament
Tuesday, April 23. 9:00 AM - 12:00 PM: GCC. Partners randomly paired. Sign up at pool tables.
- Women's Walk-in Billiards, Thursdays, 1:30 - 3:30 PM in the Corner Pocket and Saturdays, 1:30-3:30 PM in the Garrett Pool Hall - Contact is Barbara Dooley (610) 273-4756 btudooley215@gmail.com

WEL (Widows Enjoying Lunch)

Tuesday, April 9, 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.

ART TASK FORCE DISPLAYS

For April/May

Stone Croft Display Case: Doll Collection

Garrett Display Case: Crafts by LouElla Yavorka

Clark Gallery: Quilt Display from Tel Hai Residents

Life Enrichment Lectures

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

Monday, April 8 - Prayers for a Widow's Journey

Book launch! Dessert Bar! 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 15 - 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. Stick around afterwards and enjoy some Tel Hai cookies and drink as you

have time to visit with Donna and hear more about this incredible 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: 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.

Mondays, May 6, 13 and 20 - Exploring the Welsh Mountain

The Welsh Mountain stretches for about 15 miles across Lancaster and Chester Counties, from New Holland to Honey Brook. The mountain area differs markedly from the valleys on each side. These presentations will explore the geological, culture and religious aspects of the mountain. Along the way we will encounter bandits, miners, preachers and Amish entrepreneurs. Join popular speaker, Ken Sensenig as he presents this 3-part series. No fee charge.

Session 1: The geological and social history of the Welsh Mountain

Session 2: The notorious Buzzard brothers

Session 3: Religious history and the mountain today

TRIPS

Procedure for signing up for a trip

As a committee, we try hard to be consistent and give everyone the same opportunity for signing up for trips. Placing a phone call to ask the group facilitator if there is still room is fine, but please don't ask them to sign you up. We are not able to sign anyone up for a trip until we get the completed registration form. If you are really wanting to go on a trip, don't delay with the form. Continue to follow instructions on the form as to whom the form goes to. We are glad that we have a community that is interested in the trips we plan. We find that these trips are a great way to get to know people, and we just have fun traveling together with the opportunity to experience and learn new things.

HOLD ONTO YOUR HAT: A ONCE IN A DECADE TRIP OPPORTUNITY.

The trip committee has listened to you. So many have asked for a river cruise - Paddle-wheeler, a smaller boat cruise than the large cruise ship experience. We are working with Dawn, from Amazing Travel Treasures, and she will be coming to us on **Friday, May 10 at 2:00 PM** to talk with us about an April 2026 Historic Mississippi River Cruise opportunity - a round trip from New Orleans. This will be a very unique experience - yes, it is pricy, and that's why we are asking you to start saving now for an opportunity that may not come around again for a long time. What fun to share this experience with so many friends. Your presence at the meeting will help us gauge if there is enough interest. Also, we will have Dawn traveling with us - helping us navigate the airport and every aspect of the trip to make it as worry free as

possible for all travelers. Dawn has been a friend to our community for over 20 years. She knows us and has put together fantastic trip opportunities for many years. Having her along is a real gift to us.

June 26, 2024-Atlantic City, NJ - still room

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

July 24, 2024 - A Harrisburg/Hershey - still room

August 1 - Ladies Night Out at Dutch Apple Dinner Theater for Sound of Music-

brochures coming out soon

August 22 - Great Balls of Fire at Mt.

Gretna Theater - brochures coming out soon

September 10 - Day trip to Raystown Lake - still room

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

Still room and this trip is now will open to the broader community

October 10 - Ladies Evening Out at Dutch Apple Dinner Theater, Hairspray - brochures not out yet

December 19 & 27 - American Music Theater Christmas and lunch at Hershey's Restaurant - brochures not available yet

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.

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.

Wednesday, May 1, 7:30 PM, CWPA - Chester County Youth Orchestra

There is a large number of young people that will fill part of the CWPA with instruments in hand. These young people are serious musicians as there is a cost and commitment associated with the Chester County Youth Orchestra. Comments by our residents in the past has been that they sound like professionals. Tel Hai will give the CCYO a donation for coming to us, but they will be placing buckets out for additional donations, and if you feel you are able to give to them, please do.

Tuesday, May 14, 7:00 PM, CWPA - Eastern Echoes

We are fortunate that Eastern Echoes has been able to give us a concert almost every spring. They are a group of young people from the conservative branch of the Mennonite Church. They sing acapella. They learn to sing not from training but by singing often and with those that have been singing for a long time. You will hear the hymns that they choose to sing as well as hymns from an old hymnal. It's an interesting evening and one that we think you will enjoy. Their goal is to minister through song. There is a short devotional half way through the program.

Friday, May 17, 7:30 PM, CWPA - Silver, Wood & Ivory

This will be one of the most special concerts through our Tel Hai Performing Art Series this year thanks to our strong donations from many of you. Silver, Wood & Ivory are Two Women, 19 Flutes and Recorders, Piano, Celtic Harp and A Whole Lot of Friendship. They will be performing a blend of musical styles: Classical, Broadway, sacred, jazz, and their own compositions. Each piece is uniquely arranged by Cindy Wittenberg and Tracy Dietrich to

highlight the uniqueness and beauty of Tracy's wind instruments, ranging from 3 inches to 6 foot high! Cindy will play piano and her beautiful, 38-string carbon fiber Celtic Harp. Together, throughout the past 24 years, they have produced 17 albums and continue to perform concerts in various venues, including "Up Close and Personal" concerts at Cindy's beautiful home in Lititz, PA.

MOVIES

Friday April 12, 7:00 pm, CWPA: Gran Turismo

Based on the unbelievable, inspiring true story of a team of underdogs - a struggling, working-class gamer, a failed former race car driver, and an idealistic motorsport exec - who risk it all to take on the most elite sport in the world. Orlando Bloom, David Harbour, and Archie Madekwe. 2023. PG-13. 2hr 14min.

Friday April 26, 7:00 pm, CWPA: Emperor

Inspired by historic events: As the Japanese surrender at the end of World War II, General Fellers is tasked with deciding if Emperor Hirohito will be hanged as a war criminal. Influencing his ruling is his secret quest to find Aya, a Japanese exchange student he fell in love with years earlier in the U.S. Tommy Lee Jones and Matthew Fox. 2013. PG-13. 1hr 45min.

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 April 2024

Tuesday, April

2

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

Thursday, April 4

10:00 AM Bible Discussion Group – THSR

1:00 PM – GriefShare SPDR

Sunday, April 7

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

Message: Chaplain David Hicks

Piano: Virginia Patchel

10:30 AM – Chapel: A/C or 968 – Communion

(dependent on COVID status)

Message: Chaplain David Hicks

Piano: Virginia Patchel

Tuesday, April 9

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

Thursday, April 11

10:00 AM Bible Discussion Group – THSR

Sunday, April 14

9:00 AM – Chapel: CWPA or 968

Message: Pastor Dan MacDonald

Music: Sue MacDonald

Piano: Danton Arlotto

10:30 AM – Chapel: A/C or 968

Message: Pastor Dan MacDonald

Music: Sue MacDonald

Piano: Danton Arlotto

Tuesday, April 16

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

Wednesday, April 17

10:30 AM Monthly Chapel – Celebrating Christ's

Resurrection with Music by Jay Daniels A/C

Thursday, April 18

10:00 AM Bible Discussion Group – THSR

2:00 PM – Catholic Mass A/C

Saturday, April 20

****7:00 PM Concert: Rockingham Male Chorus –
CWPA**

Sunday, April 21

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

7:00 PM – Hymn sing THSR

Tuesday, April

23

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

Thursday, April 25

10:00 AM Bible Discussion Group – THSR

Sunday, April 28

9:00 AM – Chapel: CWPA or 968

Message: Chaplain Tim Herr

Piano: Danton Arlotto

10:30 AM – Chapel: A/C or 968

Message: Chaplain Tim Herr

Piano: Danton Arlotto

Tuesday, April 30

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

April 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 3/20/2024
SCAC Lessons	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	8:30-9:05am 10:15-10:50am	None

StoneCroft Aquatics Center Schedule

April 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	8:30-9:05am 10:15-10:50am	Closed
Swim Team	None	None	None	None	None	None	Closed Updated 3/20/2024

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:

BSHS Swim Team has concluded their 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.

April 2024 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>9:00 – 11:00am</u> Tennis Grandview Commons	<u>10:00am – 12:00pm</u> Pickleball Grandview Commons or Tel Hai Camp	<u>9:00 – 11:00am</u> Tennis Grandview Commons	<u>10:00am – 12:00pm</u> Pickleball Grandview Commons or 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>10:30 –11:15am</u> Tune Up Time GCC Gathering Room	<u>1:00 –1:45pm</u> Resident Zumba SC Group Exercise Room	<u>10:30– 11:30am</u> Chair Yoga SC Group Exercise Room	<u>10:15 –11:15am</u> Strengthen & Tone SC Group Exercise Room
<u>10:00am – 12:00pm</u> Pickleball Grandview Commons or Tel Hai Camp	<u>11:00am</u> Shuffleboard Tel Haven	<u>2:00 – 3:00pm</u> Strength & Balance GCC Gathering Room	<u>10:30 –11:15am</u> Tune Up Time GCC Gathering Room	<u>2:00 – 3:00pm</u> Beginner Line Dancing GCC Gathering Room
<u>11:00am– 12:00pm</u> Chair Yoga CWP poolside	<u>11:15am –12:30pm</u> Ping Pong GCC Gathering Room <i>Advanced competition</i>	<u>3:30 – 4:30pm</u> Line Dancing 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 Grandview Commons
<u>1:00 – 2:00pm</u> Strength & Balance SC Group Exercise Room	<u>1:15 – 2:00pm</u> Total Body Toning SC Group Exercise Room	<u>7:00 – 9:00pm</u> Tennis Grandview Commons <i>Under The Lights</i>	<u>11:45am – 12:45pm</u> <u>1:00 – 2:00pm</u> Tai Chi CWP <i>Fee to participate; contact Gwynne x2441 for more information</i>	<u>SATURDAY</u> <u>9:00 – 11:00am</u> Tennis Grandview Commons
<u>3:30 – 4:30pm</u> Line Dancing GCC Gathering Room	<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. **Watch 965 for updates 3/18/24		<u>13 tips to help reduce the risk of falls</u> ✓ Clear pathways ✓ Install handrails ✓ Watch out for rugs ✓ Corral the chords ✓ Make everything clear ✓ Keep the important items close	Alzheimer's Today Volume 18, Numbers 3-4 ✓ Use nightlights ✓ Minimize glare ✓ Monitor medications ✓ Utilize vision & hearing aides ✓ Look into assistive devices ✓ Use comfortable & secure shoes ✓ Eat healthy & exercise
<u>Personal Training Sessions</u> Fee based 1-on-1 training is available for those who want to improve their mobility, increase body awareness, and get back their freedom of movement. Also for those seeking help and guidance with weight management through nutrition. Please consider contacting Josh X2142 or jbooker@telhai.org		<u>Contact Information</u> • Corn Hole: Steve 570-313-4431 • Line Dancing: Bunny 610-960-4154 • Pickleball: Ron 267-664-6571 or Robin 610-850-2568 • Ping Pong: Chris 484-340-0395 • Tennis: Andy 610-563-1654		