

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

Place trash out in evening for Wed AM pickup

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

6:15 PM – Rummikub: DB

7:00 PM – Men's Bible Study: HCCR 2nd floor

Every Wednesday

Trash pick-up day

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 ends May 9

1:00 - 3:00 PM – Train Room is open for visitors

*Except third Thursday

1:30 – 3:30 - Women's Walk-in Billiards: Corner Pocket SC

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 May, 2024

Wednesday, May 1

11:00 AM – Choir Rehearsal: A/C

7:30 PM – Tel Hai Performing Arts Committee presents the Chester County Youth Orchestra: CWPA

Thursday, May 2, 2024

10:30 AM – Veterans Coffee Hour: MR

11:30 AM – 12:30 PM – Ask A Nurse: THSR

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

2:00 PM – National Day of Prayer Gathering – GR

Monday, May 6

2:15 PM – Life Enrichment Committee (LEC) presents, "Exploring the Welsh Mountains" by Ken Sensenig: CWPA**

3:30 -5:30 PM – Continuous loop for staff awards: Channel 968

Tuesday, May 7

11:00 AM – departure for Woody's Crab House (prior registration necessary): GVC

2:00 – 3:00 PM – Beginners/Intermediate Chess Matches: HCSR

7:30 PM – Tel Hai Performing Arts presents the Chester County Youth Orchestra: CWPA

Wednesday, May 8

10:30 AM – Worship Service with Choir honoring Ascension Day – A/C

2:00 PM - Afternoon of Song- Mother's Day: CWPA

6:30 PM – Mexican Train Dominoes: Daily Brew

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

**Denotes volunteer shuttle is available for this event

Thursday, May 9

2:00 PM – Teachers Meeting: GR

7:00 pm – Ascension Day Service with Drama: Debi Irene Wahl, performer and vocalist, will present the story of Corrie Ten Boom – CWPA**

Friday, May 10

2:00 PM – Trip Committee welcomes Dawn Dornes from Amazing Travel Treasures to talk about a possible Mississippi River Cruise: CWPA

7:00 PM – Movie Night: CWPA

Saturday, May 11

12:15 PM - departure from SC and 12:30 PM from Garrett to the Lancaster Symphony Orchestra (season members only)

Monday, May 13

2:15 PM – Life Enrichment Committee (LEC) presents, “Exploring the Welsh Mountains” by Ken Sensenig: CWPA**

3:30 -5:30 PM – Continuous loop for staff awards: Channel 968

Tuesday, May 14

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

12:00 PM – Newbies lunch: GVC

7:00 PM – Tel Hai Performing Arts series Presents The Eastern Echoes Chorus: CWPA

Wednesday May 15

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

2:00 PM – Town Meeting : A/C

Thursday, May 16

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

2:00 PM Care Partner Support Group: Scalies PDR

Friday, May 17

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

7:30 PM – Tel Hai Performing Arts Series presents – Silver, Wood & Ivory: CWPA**

Sunday, May 19

2:00 PM – Remembrance Service honoring those who died July 1 - December 31, 2023: CWPA

7:00 PM – Hymn Sing: Tel Haven Social Room

Monday, May 20

2:15 PM – Life Enrichment Committee (LEC) presents, “Exploring the Welsh Mountains” by Ken Sensenig: CWPA**

2:00 - 4:00 PM - Drop in for Dave Brackbill: SC Grille Patio

7:00 PM – Book Club: Conservatory

Tuesday, May 21

2:00 – 3:00 PM – Effective Communication: CWPA **

Wednesday, May 22

10:30 departure (arrive at 10:15 for check in) for Lititz Trip (prior sign-ups required): GVC

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

1:00 PM – Tech Time with Tim: MP

6:30 PM – Mexican Train Dominoes: Daily Brew Vaccine Clinic hosted by Stauffer’s Pharmacy: SC Health Suite. Appt. required.

Friday, May 24

7:00 PM – Movie Night: CWPA

Tuesday, May 28

1:00 PM – Talk with Scott Miller: GCC MP

2:00 – 3:00 PM – Beginners/Intermediate Chess Matches: HCSR

Wednesday, May 29

1:00 PM – Talk with Scott Miller: SC

GENERAL ANNOUNCEMENTS

Staff Award

During the month of March, staff awards were presented. They were recorded, and on May 6 and 13 from 3:30 (after the LEC lecture) to 5:30 PM, they will be broadcast on 968 on a continuous loop. We hope you will be able to tune in on one of the two dates.

Did You Know?

There are many board games like chess, checkers, Scrabble, Upwords, Risk, Balderdash, Trivial Pursuit and more in the drawers and cabinet marked "Games" in the StoneCroft RBC. There are also coloring books and pencils for you to use!

Fly Fishing Opportunity

Have you ever watched someone stand in a river or stream and repeatedly cast a flimsy rod...whipping it back and forth as the line shoots out over the waters? Tel Hai resident, Ray Horwitz is here to coach us. He will tell us the reason behind the repeated seemingly unreasonable behavior. Ray is an active member of the Project Healing Waters Fly Fishing Organization, which works its healing wonders to bring calm to our Veterans coping with PTSD. Don't let mobility hold you back. This activity can be done easily while sitting in a lawn chair or a wheelchair. If you are interested to learn more contact Ray at 610-802-2399.

Dave Brackbill Family Appreciation

Join us Monday May 20th for a drop-in between 2 PM - 4 PM on the Stone Croft Patio, outside the Stone Hearth Grill. Dave's family will be there. Come see the Memorial brick on the Stone Croft Patio. They would love to meet you. Stop by and share your "Dave Story" with them.

Great Decisions

Great Decisions will be on May 21, at 1:00 PM in the Hillcrest Conference Room. The topic will be "Invisible Indonesia." Guests are welcome. Great Decisions is sponsored by the Foreign Policy Association which provides a yearly magazine and CD to support discussions of important foreign affairs and their relationship to the United States and its foreign policy.

What's New? Deadline

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

Recycle Reminders

Did you know you **CANNOT** recycle:

- Items that have food still in them or if they are dirty
- caps/lids from jugs
- Dining Services Containers - black or clear

Aqua Spin Spring Session 2

Registration opens Thursday, May 16 Beginning at 12:00 PM. Class runs May 28 through June 27.

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:

Tuesdays 8:00 AM

Tuesdays 2:30 PM

Thursdays 8:00AM

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

** First time class participants. It is suggested on the first day of class to come 30 minutes early to allow time to be shown the bike set up.

*** 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 and registration.

WORSHIP

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 8 - 10:30 AM - Wednesday Service featuring the choir in remembrance of Ascension Day: A/C

May 9 - 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 will be provided by Cheri Coleman. CWPA. Shuttle will pick up at the GCC at 6:30 PM.

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.

Israel Trip Presentation June 12

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. A Presentation of the trip and a time for questions will be held on Wednesday June 12th at 11:00 AM in CWPA_Dockside.

Chime Choir Needs You

Our Chime Choir is forever grateful for the leadership of Frank Starr. We wish to continue this program and are looking for someone with a desire to direct, as well as additional players.

We hope to begin the program again in September. If you have an interest, please see Chaplain Hicks or call x-2443.

HEALTH & WELLNESS

Mobile ENT

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

Tai Chi

Tai Chi will continue from May 2 - June 27. All classes will be held on Thursdays with 2 time options (11:45am-12:45pm or 1:00-2:00pm). All classes will be held in CWPA. This 9-week session will be \$39.00 and will be billed directly to your Tel Hai account. Registration began Monday, April 22 and must be made with Gwynne. Please communicate class preference when registering. Email is preferred: gjohnson@telhai.org or by phone at extension 2441.

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.

Massages at StoneCroft Health Suite

Massages in StoneCroft Health Suite for May are: Monday the 6th and 13th from 11 AM - 4 PM. Friday the 10th from 11 AM - 4 PM. Tuesday the 28th from 1 PM - 4 PM. Please contact Shelly Hansen at shellyinlight@verizon.net or 610-466-7733 to schedule an appointment.

OnSite Dermatology

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

CAMPUS SPECIAL EVENTS

Day in the Country Open House

The 18th Annual Day in the Country Open House is Saturday, May 4th from 11:00 AM - 3:00 PM. Please invite your friends to visit Tel Hai during the open house! Guests will be able to visit various homes that will be open and see the common space of StoneCroft. Resident word of mouth is one of our best referral sources - **Thank You!** Registration begins at 11:00 AM and will be held in StoneCroft Commons. Please join us in welcoming the many guests that will be on campus for the open house.

Book Club

The Book Club at StoneCroft will be meeting Monday, May 20, at 7:00 PM, in the Conservatory in Brownstone. We welcome new members. This month is **The All Girls Filling Station's Last Reunion By Fannie Flagg**. For information, please contact Sandy Koenig at ext. 4794.

Afternoon of Song

Afternoon of Song is here once more before summer break. Songs we love, a surprise special, and people with whom you want to sing are part of this program. See you Wednesday, May 8, at 2:00 PM in the CWPA.

Billiards

- Men's Pickup Billiards, Tuesdays and Fridays 10:00 AM-12:00 PM : Garrett Pool Hall and Thursdays, 10:00 AM - 12:00 PM, Corner Pocket - contact Bob LaDrew, bonkersboy@gmail.com, 484-722-8395
- Men's Straight Pool Tournament

May 6-20--Sign up by May 4

Bob LaDrew, bonkersboy@gmail.com
484-722-8395

- Women's Walk-in Billiards, Saturdays, 1:30-3:30 PM in the Garrett Pool Hall - Contact is Barbara Dooley (610) 273-4756
btdooley215@gmail.com

WEL (Widows Enjoying Lunch)

Tuesday, May 14, 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 May

Stone Croft Display Case: Doll Collection

Garrett Display Case: Crafts by LouElla Yavoroka

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**

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

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 for this series.

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

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.

May 7 - Woody's Trip - to date still openings

May 22 - Lititz Trip - full and taking a waiting list

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

July 17, 2024 - "Daniel" at Sight & Sound - full and taking a waiting list

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

August 1 - Ladies Night Out at Dutch Apple Dinner Theater for Sound of Music - to date a few seats still available

August 22 - Great Balls of Fire at Mt. Gretna Theater - still room

September 10 - Day trip to Raystown Lake - waiting list only

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

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

October 3 - Wolf Sanctuary - brochures are not out yet

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

October 16 and 23 - The Tea Affair in Lititz for ladies only - brochures not available 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.

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 (notice time of 7PM)

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. It's interesting to hear the hymns that they choose to sing as well as most come from a very 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.

Summer Concert Series

- The Mainliners Chorus - Thursday, June 6, 7:30 PM, Amphitheater
- West Chester Community Band - Monday, June 10, 7:30 PM, Amphitheater
- Ben Mauger's Mission Impossible Band - Tuesday, June 18, 7:30 PM, Amphitheater
- CAISO Steeldrum Band - Friday, June 28, 7:30 PM, Amphitheater
- Tim Zimmerman & The King's Brass - Tuesday, July 9, 7:30 PM, CWPA
- Pianist Jeffrey Uhlig & Vocalist Ben Dibble: The Best of Broadway Friday, July 26, 7:30 PM, CWPA
- Slingshot: Rock & Soul Revival - Friday, August 2, 7:00 PM, Amphitheater
- Dr. Jester and the Kings of Swing - Wednesday, August 7, 7:00 PM, Amphitheater

MOVIES

Friday May 10, 7:00 PM, CWPA: Next Goal Wins

Based on a true story, *Next Goal Wins* follows the motley American Samoa soccer team, infamous for their brutal 31-0 FIFA loss in 2001. With the World Cup Qualifiers approaching, the team hires a down-on-his-luck, maverick coach, hoping he will turn the world's worst soccer team around in this heartfelt underdog comedy. Michael Fassbender, Oscar Kightley, Kaimana. 2023. PG-13. 1 hr 44 min.

Friday May 24, 7:00 PM, CWPA: Bank of Dave

A light-hearted look at the true-life experiences of Dave Fishwick; *Bank of Dave* tells the story of how a working class Burnley man and self-made millionaire fought the establishment/old guard to set up a community bank. Joel Fry, Phoebe Dynevor, Rory Kinnear. 2023. PG-13. 1 hr 47 min.

FOR YOUR INFORMATION

**Denotes volunteer shuttle is available for this event

- A complete calendar of events is located on the Community 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 court

Worship Schedule

May 2024

Thursday, May 2

10:00 AM Bible Discussion Group – THSR

2:00 PM – National Day of Prayer – GR

Sunday, May 5

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

Message: Chaplain David Hicks

Piano: Becky Sensenig

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

Message: Chaplain David Hicks

Piano: Becky Sensenig

Tuesday, May 7

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

Wednesday, May 8

10:30 AM Ascension Day Service – A/C

Music: Tel Hai Choir

Meditation: Clark Lash

Thursday, May 9

10:00 AM Bible Discussion Group – THSR

**7:00 PM Ascension Day Service - CWPA

Dramatist: Debi Irene Wahl portraying
the life of Corrie Ten Boom

Music: Cheri Coleman

Sunday, May 12

9:00 AM – Chapel: CWPA or 968

Message: Chaplain David Hicks

Piano: Ruthie Stevenson

10:30 AM – Chapel: A/C or 968

Message: Chaplain David Hicks

Piano: Ruthie Stevenson

Tuesday, May 14

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

Thursday, May 16

10:00 AM Bible Discussion Group – THSR

2:00 PM – Catholic Mass A/C

Sunday, May 19

9:00 AM – Chapel: CWPA or 968

Message: Pastor Herb Davis

Piano: Danton Arlotto

10:30 AM – Chapel: A/C or 968

Message: Pastor Herb Davis

Piano: Danton Arlotto

2:00 PM – Remembrance Service for Residents who
died between July 1 and December 31, 2023

CWPA

Music: Clark and Tracy Lash

7:00 PM – Hymn sing THSR

Tuesday, May

21

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

Wednesday, May 22

10:30 AM Chapel A/C

Message: Fran Atkins

Music: Chaplain David Hicks and Clark Lash

Thursday, May 23

10:00 AM Bible Discussion Group – THSR

Sunday, May 26

9:00 AM – Chapel: CWPA or 968

Message: Chaplain Tim Herr

Piano: April Herr

10:30 AM – Chapel: A/C or 968

Message: Chaplain Tim Herr

Piano: April Herr



Tuesday, May 28

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

Thursday, May 30

10:00 AM Bible Discussion Group – THSR

May 2024 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>9:00 – 11:00am Tennis Grandview Commons</p>	<p>10:00am – 12:00pm Pickleball Grandview Commons or Tel Hai Camp</p>	<p>9:00 – 11:00am Tennis Grandview Commons</p>	<p>10:00am – 12:00pm Pickleball Grandview Commons or Tel Hai Camp</p>
<p>9:00– 10:00am 10:30– 11:30am Gentle Flow Yoga SC Group Exercise Rm <i>Fee to participate; contact Gwynne</i> <i>No class Memorial Day 5/27</i></p>	<p>10:30 –11:15am Tune Up Time GCC Gathering Room</p>	<p>1:00 –1:45pm Resident Zumba SC Group Exercise Room <i>No class 8th & 29th</i></p>	<p>10:30– 11:30am Chair Yoga SC Group Exercise Room</p>	<p>10:15 –11:15am Strengthen & Tone SC Group Exercise Room</p>
<p>10:00am – 12:00pm Pickleball Grandview Commons or Tel Hai Camp</p>	<p>11:00am Shuffleboard Tel Haven</p>	<p>2:00 – 3:00pm Strength & Balance GCC Gathering Room</p>	<p>10:30 –11:15am Tune Up Time GCC Gathering Room</p>	<p>2:00 – 3:00pm Beginner Line Dancing GCC Gathering Room</p>
<p>11:00am– 12:00pm Chair Yoga CWPA poolside <i>No class Memorial Day 5/27</i></p>	<p>11:15am –12:30pm Ping Pong GCC Gathering Room <i>Advanced competition</i></p>	<p>3:30 – 4:30pm Line Dancing GCC Gathering Room</p>	<p>11:15am –12:15pm Ping Pong GCC Gathering Room <i>Open to all levels of play</i></p>	<p>3:30 – 4:30pm Corn Hole Behind Grandview Commons</p>
<p>1:00 – 2:00pm Strength & Balance SC Group Exercise Room <i>No class Memorial Day 5/27</i></p>	<p>1:15 – 2:00pm Total Body Toning SC Group Exercise Room</p>	<p>7:00 – 9:00pm Tennis Grandview Commons <i>Under The Lights</i></p>	<p>11:45am – 12:45pm 1:00 – 2:00pm Tai Chi CWPA <i>Fee to participate; contact Gwynne x2441 for more information</i></p>	<p>SATURDAY 9:00 – 11:00am Tennis Grandview Commons</p>
<p>3:30 – 4:30pm Line Dancing GCC Gathering Room</p>	<p>If you are interested in observing an activity for the possibility of joining or simply want to enjoy the actions of others, please feel free to show up or contact the coordinator for details. If not sure who to contact, ask Gwynne at 2441.</p>		<p>**Watch 965 for updates 4/19/24</p>	
<p>Personal Training Sessions 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. And for those seeking help and guidance with weight management through nutrition. Please consider contacting Josh X2142 or jbooker@telhai.org.</p> <p>FITNESS ROOMS 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.</p>		<p>Contact Information</p> <ul style="list-style-type: none"> • Corn Hole: Steve 570-313-4431 • Line Dancing: Bunny 610-960-4154 • Pickleball: Ron 267-664-6571 or Robin 610-850-2568 • Ping Pong: Chris 484-340-0395 • Tennis: Andy 610-563-1654 		<p>OLDER AMERICANS MONTH  POWERED BY CONNECTION: MAY 2024</p> <p>This year's theme: Powered by Connection</p> <p>Meaningful relationships and social connections can have a profound impact on our health and well-being. Connectedness supports independence and aging in place by combatting isolation, loneliness, and other issues.</p> <p>How would you rate your relationships and social connections? How can you grow this vital part of living?</p>

May 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.

Memorial Day 5/27 GCC will have open pool only 7:30am- 11:00am no classes running. SCAC will be open 7:30am -12:00pm with no class running.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pool & Lap Swim	<p><u>SCAC:</u> 7:30am-12:00pm</p> <p><u>GCCP:</u> 7:30am-9:30am</p>	<p><u>SCAC:</u> 7:30am-12:00pm 1:00pm-6:00pm</p> <p><u>GCCP:</u> No Lap swimming due to class running</p>	<p><u>SCAC:</u> 7:30am-12:00pm 12:30pm-6:00pm</p> <p><u>GCCP:</u> 7:30am-9:30am</p>	<p><u>SCAC:</u> 7:30am-12:00pm 1:00pm-6:00pm</p> <p><u>GCCP:</u> 1:15pm-2:15pm</p>	<p><u>SCAC:</u> 7:30am-12:00pm 12:30pm-3:00pm</p> <p><u>GCCP:</u> 7:30am-9:30am</p>	<p><u>SCAC:</u> 7:30am-12:00pm</p> <p><u>GCCP:</u> 9:00am-11:00am</p>	<p><u>SCAC:</u> Closed</p> <p><u>GCCP:</u> Closed</p>
Spa	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Closed
Water Fitness Classes	<p><u>SCAC:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p> <p><u>GCCP:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p><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</p> <p><u>GCCP:</u> Water Tai Chi 1:15-2:00pm</p>	<p><u>SCAC:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am Aqua Spin- Staff 4:30-5:15 Pre-registration required</p> <p><u>GCCP:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p><u>SCAC:</u> Aqua Spin 8:00-8:45am Pre-registration required Deep Water 9:15-10:00am</p> <p><u>GCCP:</u> None</p>	<p><u>SCAC:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p> <p><u>GCCP:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p><u>SCAC:</u> Deep Water 9:15-10:00am</p> <p><u>GCCP:</u> None</p>	<p><u>SCAC:</u> None</p> <p><u>GCCP:</u> None</p>
Volley Ball	None	<u>GCCP:</u> Resident 2:30-3:30pm	None	<u>GCCP:</u> Resident 2:30-3:30pm	None	None	None Updated 4/17/2024
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 May 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.

Memorial Day 5/27 SCAC will be open 7:30am -12:00pm with no class running.

	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 4/18/2024

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.