

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

Cottagers: Place trash out in evening for Wed. AM

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: HCR (2)

EVERY WEDNESDAY

Trash pick-up day

7:30 – 9:30 AM – Breakfast available: Garden Café

11:00 AM – Choir: A/C

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 – Community Bible Study: GVC

10:00 AM – Bible Discussion Group: THSR

1:00 – 3:00 PM – Train room open for visitors (except 3rd Thursday)

6:30 PM – Canasta: Daily Brew

EVERY FRIDAY

10:00 AM - GriefShare: SPDR

EVERY SATURDAY

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

EVERY SUNDAY

9:00 AM – Chapel Service: CWPA/Dockside

10:30 AM – Chapel Service: A/C & 968

THURSDAY, MAY 1

12:00 Noon - National Day of Prayer: A/C

10:30 AM – Veterans Coffee Hour: MR

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

7:00 PM – Dan MacDonald Bible Study on Mark: A/C or 968

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

4:15 PM – check in with Judy for Dutch Apple Dinner Theater trip (prior reservations needed): GVC

FRIDAY, MAY 2

1:00 – 3:00 PM - Fiber Arts Club: 3rd fl Brownstone

1:30 PM – Ice Cream Social: Daily Brew

SATURDAY, MAY 3

10:00 AM – 3:00 PM - Day in the Country Open House

MONDAY, MAY 5

8:00 AM – Shuttle to LabCorps – sign up needed

10:00 AM to 12:00 PM – Jennifer Kurtz, seamstress, will do clothing alterations: GR

12:00 PM - Lunch with a Chaplain: Stone Hearth Grille

1:00 PM – Shady Maple Shuttle – sign up needed

2:15 PM – LEC Bike Across Iowa: A/C

TUESDAY, MAY 6

9:15 – SC pick up and 9:20 GCC pick up - Park City Shopping Trip – Sign up required

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

2:00 PM – Warning Signs of a stroke: CWPA DS

12:00 PM - Lunch with a Chaplain: GCC

WEDNESDAY, MAY 7

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

THURSDAY, MAY 8

8:00 – 12:00 noon -Mobile ENT on site (appt. needed): Bluestone Parking lot

7:00 PM – Dan MacDonald Bible Study on Mark: A/C or 968

FRIDAY, MAY 9

1:00 – 3:00 PM - Fiber Arts Club: 3rd fl Brownstone

SATURDAY, MAY 10

12:00 - PM departure from GCC and 12:15 from SC
for Lancaster Symphony Orchestra (subscription
holders)

MONDAY, MAY 12

2:15 PM – Get To Know You: A/C

TUESDAY, MAY 13

10:45 AM – departure for Spasso’s (prior
reservations required): GVC

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

2:00 PM - Afternoon of Song: A/C

3:00 PM – Cookies and Tea: LVDR

WEDNESDAY, MAY 14

7:00 PM – Concert Celebrating Women: A/C

THURSDAY, MAY 15

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

8:45 AM – check in with Dolores Hess for Berks
County Historical tour: GVC

10:30 AM – Veteran’s Brunch: Azalea Square

2:00 PM - Catholic Mass: A/C

2:00 - 4:00 PM – Nimble Fingers – bring your

knitting, crocheting, or other needle art projects
while enjoying conversation: Conservatory

FRIDAY, MAY 16

7:30 PM – Tel Hai Performing Arts Series presents,
Mission Impossible Band: To be Determined in
A/C or CWPA

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

1:30 – 3:30 PM – Closed Caption Specialist: GR

SUNDAY, MAY 18

2:00 PM – Remembrance Service: CWPA

7:00 PM – Tel Haven Hymn Sing: THSR

MONDAY, MAY 19

10:00 to 12:00 PM – Jennifer Kurtz, clothing
alterations: AOE

1:00 PM – Shady Maple Shuttle – sign up needed

7:00 PM – Book Club: Conservatory

TUESDAY, MAY 20

7:00 AM – 8:00 PM - Primary Election voting – GVC

WEDNESDAY, MAY 21

12:30 & 1:15 PM - Shuttle to Walmart–sign up

2:00 PM – Town Meeting: A/C

THURSDAY, MAY 22

2:00 PM – Care Partner Support group: SPDR

Friday, May 23

1:00 - 3:00 PM - Fiber Arts Club: 3rd Fl Brownstone

7:30 PM – Tel Hai Performing Arts presents,
Pennsylvania Chamber Artists: Flute Duos: To
Be Determined in A/C or CWPA

MONDAY, MAY 26

11:00 AM – Celebration of Veteran’s who passed:
CWPA

Tuesday, May 27

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

Murder Mystery Dinner – To Be Determined since
the CWPA is the only space we can hold this
event. Watch 965 and email blasts for current
info.

1:00 – 2:30 PM – Talk with Scott Miller: GCC MP

WEDNESDAY, May 28

1:00 PM – Tech Time with Tim: MP

1:00 – 2:30 PM – Talk with Scott Miller: SC

THURSDAY, MAY 29

10:30 AM – Twin Valley Bible Academy Hand Bell
Choir: A/C

Friday, May 30

12:15 – check in with Rosie Ludwig for trip to
Silver, Wood & Ivory (prior registrations
required): GVC

**GENERAL ANNOUNCEMENTS &
CAMPUS SPECIAL EVENTS**

Tel Hai’s Got Talent

This summer Tel Hai will be holding “Tel Hai’s Got
Talent”. If you are interested in signing up to
audition for this event, please email Clark Lash at
clash@telhai.org.

Warning Signs of Strokes

Please join Alison Dysard, Stroke Program Manager
at Paoli Hospital, as she explains the warning signs
of strokes, risk factors, stroke assessment,
improving outcomes for ischemic stroke patients,
and stroke management. This will be held in the
Stoncroft CWPA DS on May 6 at 2:00 PM.

Summer Safety**

Please join Lisa Eckenrode from Main Line Health as she will be discussing Summer Safety Tips. She will review the importance of staying hydrated, wearing sunscreen, preventing heat stroke, and much more. This will take place in the Stonecroft CWPA on June 10 at 2 PM. Sign-up sheets will be in the RBCs – please sign up by June 3rd if you are interested in attending. If you need a ride from the shuttle, please indicate this on the sign-up sheet.

Day In The Country

The 19th Annual Day in the Country Open House is Saturday, May 3 from 10:00 AM - 2:00 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 10:00 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.

Afternoon of Song

Come sing for our mothers, our country, our dreams and our God. You, the audience, have sung so well this year and we thank you. We will have a June program in the A/C. See you May 13 at 2:00 PM.

Great Decisions

If you are interested in discussing Foreign Affairs with your peers, join us on May 20 and June 17 at 1:00 PM in the Hillcrest Conference Room (2nd Floor). The 'Great Decisions' group are not professional foreign policy experts, but we are interested in talking about it! We like to learn and be informed (in plain English) on current issues and complex world problems. We often watch college professors and industry experts share knowledge and their perspectives. In May, we'll discuss "Artificial Intelligence and American National Security," and in June, "America at a Global Crossroads." Interested in learning more? Contact Bill Morling @ ext. 4165 (610 273 4165).

Sewing Alterations

So far, Jennifer Kurtz has been very much appreciated in offering sewing alterations/repairs, and we will continue to schedule her the 1st and 3rd Mondays from 10:00 AM to 12:00 PM. She will be at the Gathering Room the first Mondays and at the Art of Everything the third Mondays.

MAY ART TASK FORCE DISPLAYS

Stone Croft Display Case: Gourds

Garrett Display Case: Birdhouses

Clark Gallery: Beverly Bruins, Resident Artist

Political Activity Restrictions for a 501(c)3 Organization

The Pennsylvania Primary is May 20, 2025. 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 posting 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 Keeli Looper who serves as Tel Hai's Compliance Officer at Kloop@TelHai.org or 610-273-9333 ext. 2034.

Murder Mystery Meal

Stay tuned with 965 and mass emails to see if this event is on for Tuesday, May 27. If the CWPA is useable we will proceed with the event.

Cookies and Tea in Lakeview

May 13 join Lakeview PC for cookies and tea following the Afternoon of Song in the Lakeview Dining Room at 3PM. All are welcome.

Volunteer Engagement Committee

Many thanks to all the residents of Tel Hai for their generous donations of food items. We collected 960 items that were given to Honey Brook Food Pantry and Twin Valley Food Pantry. The Volunteer Engagement Committee is grateful to all the residents for their generosity. We were very happy to have helped these food banks during difficult times.

SAVE THE DATES: Campus-Wide Summer Cleanout June 2 - 6.

Our goal is to declutter, dejunk and refresh our homes, workspaces and community.

In partnership with Tel Hai Team Members and community volunteer groups, we'll be helping Residential Living residents by providing the following:

- Complimentary dumpsters located throughout campus
- Extended Resale Shop donation drop off hours
- Large item hauling for trash removal & donation relocation
- Complimentary shredding services for sensitive documents

More information to come.

Closed Caption Specialist

Closed Caption Title IV ADA Specialist, Kathleen Cesario, will be in the GCC Gathering Room on Friday, May 16 from 1:30 -3:30 PM for snacks and conversation. She will be discussing how you can receive a no cost caption phone and captioning service if your hearing loss makes it difficult to use the phone.

Woods Edge Block Party

It is time to start planning for our Sept. 16 block party for WOODS EDGE. We need helpers - the more, the merrier. Many hands make the work easier for all. If interested please contact Doris Rickards at rickardsdoris@gmail.com or call (610) 256-6067.

Book Club

The Book Club at StoneCroft will be meeting Monday, May 19, at 7:00 PM, in the Conservatory in Brownstone. The book this month is The Women, by Kristen Hannah. For information, please contact Sandy Koenig at ext. 4794.

Billiards

- Men's Mother's Day 8-Ball Tournament - May 5 - 15 Bob LaDrew bonkersboy@gmail.com 484-722-8395
- Men's Walk-in Billiards, Tuesdays and Fridays 10:00 AM-12:00 PM : Garrett Rec Room and Thursdays, 10:00 AM - 12:00 PM, Corner Pocket - contact Bob LaDrew, bonkersboy@gmail.com, 484-722-8395
- Women's Walk-in Billiards, Saturdays, 1:30-3:30 PM in the Garrett Rec Room contact Barbara Dooley, (610) 273-4756 btdooley215@gmail.com

WEL (Widows Enjoying Lunch)

Tuesday, May 13, at 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

June is Brain Health & Alzheimer's Awareness

Month. The Residential Living team has several opportunities for you to learn more about brain health and how to take care of yourself now for a healthier you in the future:

-Cognitive Screenings: The Montreal Cognitive Assessment (MoCA) is a brief screening tool used to detect mild cognitive impairment (MCI) by assessing various cognitive domains like memory, attention, language, visuospatial skills, executive function, and orientation. Facilitated by certified team members, you have the opportunity to sign up for one of these screenings either on June 3rd or June 17th in the Stonecroft CWPA. Results are kept confidential.

-The Longest Day: June 20th is the summer solstice, the day with the most light, and the Alzheimer's Association uses this day to fight the darkness of Alzheimer's disease and other dementias. To help spread awareness, there will be two stations full of information and literature on this topic for you to take. Stop by the Stonecroft Book Nook or the Garrett Library on June 20th to learn more and enter in a chance to win a prize!

-Wellness Team Presentation: Join Josh, Gwynne, Judy & Sandi on June 11th at 2:00 PM in the CWPA as they explore the benefits of wellness pursuits (exercise and other activities) on brain health. Enjoy a presentation and learn more about the myriad options available to residents. Perhaps even try out a few!

-Please join Brad Trout from the Alzheimer's Association on June 20th in the A/C at 2:00 PM for a presentation on "The 10 Warning Signs of Alzheimer's". This program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor. There will be time for a Q&A at the end of the presentation.

-Please join Brad Trout from the Alzheimer's Association on June 27th in the A/C at 2:00 PM for a presentation on "Understanding Alzheimer's & Dementia". You'll learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research & FDA approved treatments. There will be time for a Q&A at the end of the presentation.

What's New

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

WORSHIP

Sunday Worship Services

For the beginning of the month of May, the 9:00 AM service will be in CWPA-Dockside but will not be televised and 10:30 AM Sunday services will be held in the **Chapel** and will be televised. The projected completion should allow us to return to a normal schedule of services starting by the third week of May. For more information, please contact Chaplain Hicks at x-2443.

Concert Celebrating Women

There have been so many significant Women in Ministry and female hymn writers over the centuries. We will celebrate these incredible women through song and story on **Wednesday, May 14 at 7:00 PM in the Auditorium/ Chapel** and on Channel 968. A Shuttle from Stonecroft will be available beginning at 6:30 PM.

Additional Services in May

Join us for the **National Day of Prayer**. An annual event, this year we will conduct a prayer / worship service on **Thursday, May 1, at Noon in the Auditorium / Chapel**.

Our semi-annual **Remembrance Service**, honoring those who died from July 1 to December 31, 2024 will be held on **Sunday, May 18 at 2:00 PM in the CWPA or A/C depending upon construction completion date**. Celebrate our Veteran's who have passed on **Monday, May 26 at 11:00 AM in the CWPA**.

HEALTH & WELLNESS

Amanda Rock - Financial Planner

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

Dr. Lori Wilde - Podiatry

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

Massages at StoneCroft Health Suite Massages in StoneCroft Health Suite for May: Mondays the 5, 12, 19 from 11:00 AM – 4:00 PM. Friday the 9 from 11:00 AM – 4:00 PM. Please contact Shelly Hansen at shellyinlight@verizon.net or 610- 466-7733 to schedule an appointment.

Mobile ENT

To schedule an appointment with the mobile ENT, please call 610-363-2532. They will be on site May 8 from 8:00 AM – 12 noon.

McCormick Chiropractic

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

OnSite Dermatology

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

Life Enrichment Lectures**

Monday, May 5, A/C (2:15 PM)– Erika & Lydia Snyder – Bike Across Iowa, Mother/Daughter Duo In July 2024, Lydia (11y) and Erika Snyder (not 11y) cycled the 51st Register’s Annual Great Bicycle Ride Across Iowa (RAGBRAI). The route this year was 434 miles long with 18,375 feet of climb. Lydia and Erika completed over 1,600 miles of training leading up to the ride. We will share with you a little history on RAGBRAI, some of our training adventures and some highlights (and lowlights) of the ride. Lydia (11y) will share how she heard about RAGBRAI, how she convinced Erika (her mom) to ride and her favorite aspects (and food) of the week.

Monday, May 12, A/C (2:15 PM) – Get To Know You

Short introductions will be given of our new residents followed by refreshments. Come and learn some new names and faces – it’s a fun time to be together.

Monday, June 2, A/C – South American Show by Sally Weigand (Sally is a resident)

Sally puts music to her slide presentation, which is about 35 minutes long. It features the countries from South American trips. There will be a time for questions after the presentation.

TRIPS

April 9-16, 2026 Historic Mississippi River Cruise - The trip brochures that are available are posted in both RBCs.

May 1 – Dutch Apple Dinner Theater to see Fiddler on the Roof – waiting list only

May 15 – Berks County Amish Historical Tour/lunch – waiting list only

May 30 – Silver, Wood & Ivory trip for concert/hors d’oeuvres – waiting list only

June 3 – Williamsport one day trip – brochures are available – plenty of room left – Deadline is approaching

July 10 – Mt. Gretna Theater, Million Dollar Quartet with dinner at Mt. Hope Estate following the program – seats are available

August 5 – Chalk Talk, Birds in all Seasons at the studio of Elva Hurst (Ladies Day Out) - no brochures at this time

September 10 – Lititz Tea for ladies – brochures not out yet. We are planning to schedule another Wednesday date for the Lititz Tea

September 12 – One day Cape May Whale Watching trip – brochures are available

September 23 – Gettysburg Battlefield Tour/meal - brochures are available

October 2 - River Lady Dinner Cruise on the Tom River – brochures are available

October 9 – Ladies Night Out to Dutch Apple Dinner Theater, Chorus Line - no brochures at this time

October 15-17, 2025 – PA Grand Canyon Trip – brochures are available

November 20 – Meal at Casey Jones and Christmas Program with Lee Productions following the meal - no brochures at this time

December 19 – American Music Theater Christmas Show with meal at Hershey’s Restaurant - no brochures at this time

December 23 – American Music Theater Christmas Show with meal at Hershey’s Restaurant - no brochures at this time

April 9-16, 2026 – Historic Mississippi River Cruise – brochures available

CONCERT SERIES**

Friday, May 16, 7:30 PM, A/C or CWPA – Mission Impossible

Mission Impossible is an 8-piece band that includes 4 horns & Piano /Bass /Guitar & Drums. The band plays a variety of music. From New Orleans, to show tunes, to Big Band, to Herb Alpert & the Tijuana Brass, to 1960's / 1970's hits. Trumpet player and leader Ben Mauger says "We pride ourselves in bringing a very entertaining concert that everyone can enjoy".

Friday, May 23, 7:30 PM, A/C or CWPA -

Pennsylvania Chamber Artists: Flute Duos
This concert presents beautiful repertoire for two flutes and piano, including Impressionists Debussy and Gaubert, and newly inspired works by Uebayashi and Dorff. Alto flutes and chimes also make appearances in this varied program by Pennsylvania's newest chamber ensemble! Jocelyn Crosby, Faith Wasson – flutes, and Douglas Wimer on piano.

2025 SUMMER CONCERT SERIES

Concerts will be held in the amphitheater unless noted. Please notice time change as we travel through the summer season.

- Friday, June 6 – Galena Brass – 7:30 PM
- Friday, June 13 – Ryan Coleman Band – 7:30 PM
- Tuesday, June 17 – Eastern Echoes Chorus – 7:00 PM in either A/C or CWPA
- Friday, June 20 – 49er's – 7:30 PM
- Wednesday, July 9 – Broadway program with Jeffrey Uhlig and Aaron Cafaro – 7:30 PM CWPA
- Thursday, July 17 – The New Individuals – 7:15 PM
- Friday, July 25 – Eric Kearns – 7:15 PM
- Friday, August 1 – M&J Band – 7:00 PM
- Thursday, August 7 – Servant Stage, Swing – 7:00 PM

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
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
RBC – Resident Business Center

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 2025

Thursday, May 1

10:00 AM - Bible Discussion Group – THSR
10:00 AM - Community Bible Study – GVC
12:00 PM – National Day of Prayer – A/C
7:00 PM – MacDonald Bible Study – A/C or TV

Sunday, May 4

9:00 AM – Chapel: CWPA_Dockside No TV
10:30 AM – Chapel: A/C or 968
Message: Chaplain David Hicks
Music: Becky Sensenig

Tuesday, May 6

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

Wednesday, May 7

11:00 AM – Choir Rehearsal – A/C

Thursday, May 8

10:00 AM - Bible Discussion Group – THSR
10:00 AM - Community Bible Study – GVC
7:00 PM – MacDonald Bible Study – A/C or TV

Sunday, May 11

9:00 AM – Chapel: CWPA_Dockside no TV
10:30 AM – Chapel: A/C or 968
Message: Chaplain David Klingensmith
Music: Danton Arlotto

Tuesday, May 13

7:00 PM - Men's Bible Study HCR (2)
2:00 PM – Afternoon of Song – A/C

Wednesday, May 14

7:00 PM – Concert Celebrating Women –
CWPA unless renovations are not
complete and then it would be A/C

Thursday, May 15

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

Sunday, May 18

9:00 AM – CWPA
10:30 AM – A/C or 968
Message: Pastor Steve Wilson
Music: Chaplain David Hicks
2:00 PM – Remembrance Service for those
who died between July and Dec 2024 -
CWPA
7:00 PM – Hymn Sing – TSHR

Tuesday, May 20

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

Thursday, May 22

10:00 AM - Bible Discussion Group – THSR

Sunday, May 25

9:00 AM – Chapel: CWPA
10:30 AM – Chapel: A/C or 968
Message: Chaplain David Klingensmith
Music: Ruthann Stevenson

Monday, May 26

11:00 AM – Memorial Day Service – CWPA

Tuesday, May 27

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



Wednesday, May 28

10:30 AM – Chapel Service with Irene Weaver
– A/C

Thursday, May 29

10:00 AM - Bible Discussion Group – THSR

May 2025 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00– 10:00am 10:30– 11:30am Gentle Flow Yoga SC Group Exercise Room <i>Fee to participate; contact Gwynne</i> <i>No classes 5/26; Memorial Day</i></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 – 11:00am Tennis Grandview Commons</p>	<p>10:00am – 12:00pm Pickleball Grandview Commons or Tel Hai Camp</p>
<p>10:00am – 12:00pm Pickleball Grandview Commons or Tel Hai Camp</p>	<p>10:30 –11:15am Tune Up Time GCC Gathering Room</p>	<p>1:15 –2:00pm Resident Zumba SC Group Exercise Room <i>No class 5/7</i></p>	<p>10:30– 11:30am Chair Yoga CWPA</p>	<p>10:15 –11:15am Strengthen & Tone SC Group Exercise Room</p>
<p>10:30am– 11:30am Chair Yoga CWPA <i>No class 5/26; Memorial Day</i></p>	<p>11:15am –12:15pm Ping Pong GCC Gathering Room <i>Advanced competition</i></p>	<p>2:00 – 3:00pm Strength & Balance GCC Gathering Room <i>No class 5/21 due to Town Meeting</i></p>	<p>10:30 –11:15am Tune Up Time GCC Gathering Room</p>	<p>3:30 – 4:30pm Corn Hole Grandview Commons</p>
<p>11:00am Shuffleboard Tel Haven</p>	<p>1:15 – 2:00pm Total Body Toning SC Group Exercise Room</p>	<p>3:30 – 4:30pm Line Dancing GCC Gathering Room</p>	<p>10:30 –11:15am Drums Alive SC Group Exercise Room <i>Registration required; contact Josh</i> <i>X2142</i></p>	<p style="text-align: center;">SATURDAY</p> <p>9:00 – 11:00am Tennis Grandview Commons</p>
<p>1:00 – 2:00pm Strength & Balance SC Group Exercise Room <i>No class 5/26 due to Memorial Day</i></p>	 <p>OLDER AMERICANS MONTH</p> <p><small>FLIP THE SCRIPT ON AGING: MAY 2025</small></p> <p>Learning doesn't stop with age—it evolves. In fact, adults over 60 are among the fastest-growing group of online learners. Let's celebrate the pursuit of knowledge at every stage of life. What new skill or subject are you exploring?</p> <p>Physical activity is key to staying healthy at every stage of life. Whether it's yoga, dancing, hiking, or daily walks, movement helps maintain strength and independence. Let's challenge the idea that aging means slowing down.</p>	<p>7:00 – 9:00pm Tennis Grandview Commons <i>Under The Lights</i></p>	<p>11:15am –12:15pm Ping Pong GCC Gathering Room <i>Open to all levels of play</i></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>3:30 – 4:30pm Line Dancing GCC Gathering Room</p>		<p>Watch 965 for updates 4/23/25</p>	<p>11:45am – 12:45pm 1:00 – 2:00pm Tai Chi CWPA <i>Fee to participate;</i> <i>contact Gwynne x2441</i></p>	
<p>Contact Information</p> <ul style="list-style-type: none"> • Corn Hole: Steve 570-313-4431 • Line Dancing: Bunny 610-960-4154 • Pickleball: Lesley 484-722-8436 • Ping Pong: Chris 484-340-0395 • Shuffleboard: Fritz 610-273-4163 • Tennis: Andy 610-563-1654 		<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>2:15 –3:00pm Drums Alive SC Group Exercise Room <i>Registration required; contact Josh</i> <i>X2142</i></p>	
 <p style="text-align: center;">WAY TO WELLNESS AT TEL HAI</p>				

May 2025 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.

We apologize in advance for any closures.

Memorial Day 5/26 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>SCAC: 7:30am-12:00pm 12:30pm- 3:00pm</p> <p>GCCP: 7:30am-9:30am</p>	<p>SCAC: 7:30am-12:00pm 1:00pm-6:00pm</p> <p>GCCP: No Lap swimming due to class running</p>	<p>SCAC: 7:30am-12:00pm 12:30pm-6:00pm</p> <p>GCCP: 7:30am-9:30am</p>	<p>SCAC: 7:30am-12:00pm 1:00pm-6:00pm</p> <p>GCCP: 1:15pm-2:15pm</p>	<p>SCAC: 7:30am-12:00pm 12:30pm-3:00pm</p> <p>GCCP: 7:30am-9:30am</p>	<p>SCAC: 7:30am-12:00pm</p> <p>GCCP: 9:00am-11:00am</p>	<p>SCAC: Closed</p> <p>GCCP: 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>SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p> <p>GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p>SCAC: 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>GCCP: Ai Chi (water Tai Chi) 1:15-1:45pm</p>	<p>SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am Circuit/Interval class 2:15pm-2:45pm Aqua Spin- Staff 3:30pm-4:15pm 4:30-5:15 Pre-registration required</p> <p>GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p>SCAC: Aqua Spin 8:00-8:45am Pre-registration required Deep Water 9:15-10:00am</p> <p>GCCP: None</p>	<p>SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p> <p>GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p>SCAC: Deep Water 9:15-10:00am</p> <p>GCCP: None</p>	<p>SCAC: None</p> <p>GCCP: None</p>
Volley Ball	None	GCCP: Resident 2:30-3:30pm	None	GCCP: Resident 2:30-3:30pm	None	None	None Updated 4/22/2025
Swim Team Lessons	None	Lessons 3:45pm-5:50pm	None	Lessons 3:45pm-5:50pm	None	Lessons 8:00am- 11:30am	None

StoneCroft Aquatics Center Schedule

May 2025



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 5/26 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 & 12:30pm-3:00pm	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 & 12:30pm-3:00pm	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 & 12:30pm-3:00pm	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 Circuit/Interval Class 2:15pm-2:45pm Staff Aqua Spin 3:30pm-4:15pm 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	8:00-11:30am	Closed
Swim Team	None	None	None	None	None	None	Closed Updated 4/22/2025

StoneCroft Aquatics Center Policies & Swim Team Information

Pool rules:

- *Lifeguard on duty is in charge
- *No food on deck
- *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 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:

BSSH Swim Team season has concluded.

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.

Snow/ Ice – Call hotline to confirm before venturing out. Pool will open providing staff can safely arrive. In the event of staff being unable to do so, any delayed openings or closures will be communicated on the 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, quarterly and yearly memberships available for purchase. Family, Couple, and Individual options are available. Memberships are not required for swim lesson participation.