

JOIN US FOR THESE WEEKLY EVENTS:

***Unless otherwise noted by activity coordinator
If bolded - new to the weekly events this month**

EVERY MONDAY

Cottagers: Place trash out in evening for Tues. AM
10:00 AM - 12:00 PM – Drop off donations and open
for shopping at Resale Shop: HZ
11:00 AM – Shuffleboard: Tel Haven (1st floor)
1:00 PM – Canasta: Conservatory
**1:00 PM – Bible Study on John with Fran Atkins:
SPDR**
3:00 PM – Crossword Puzzle Group: AOE
7:00 PM – Pinochle: HCSR

EVERY TUESDAY

Trash pick-up day for cottages
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
1:00 PM – GriefShare: SPDR
2:00 PM – Bible Study w/ Irene Weaver: GR
2:00 - 4:00 PM – Color with Me: DB
6:15 PM – Rummikub: DB
7:00 PM – Chosen Series 5: CWPA
7:00 PM – Mindfulness Meditation: BS Theatre (2)
7:00 PM – Men's Bible Study – HCR(2)

EVERY WEDNESDAY

7:30 – 9:30 AM – Breakfast available: Garden Café
11:00 AM – Choir Rehearsal – 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

9:00 - 11:00 AM – Clinic Hours with Nurse Sara.
Free blood pressure screenings provided: LVHS
10:00 AM – Bible Discussion Group: THSR
10:00 AM – Womens Community Bible Study: GVC
1:00 – 3:00 PM – Train room open (except the third
Thursday)
6:30 PM – Canasta: Daily Brew
**7:00 PM – Dan MacDonald Bible Study on Luke –
CWPA Middle**

EVERY SATURDAY

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

EVERY SUNDAY

9:00 AM – Chapel Service: CWPA & 968
10:30 AM – Chapel Service: A/C & 968

SUNDAY, FEBRUARY 1

Chapel, Message: Chaplain Dave Hicks:

MONDAY, FEBRUARY 2

8:00 AM – Shuttle to LabCorps – sign up needed
1:00 PM – Shady Maple Shuttle – sign up needed
10:00 – 12:00 PM - Jenn Kurtz Alterations: HCCR(2)
12:00 PM - Lunch with a Chaplain: SC Grille
1:00–2:00 PM - Around the Table with Culinary: MP
2:15 PM – Suicide Awareness by Caroline Cooley:
CWPA

TUESDAY, FEBRUARY 3

10:00 – 12:00 – Travel Tips with Mitch - MP
12:00 PM – Lunch with a Chaplain: GCC

WEDNESDAY, FEBRUARY 4

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

THURSDAY, FEBRUARY 5

10:00 AM – Bible Discussion Group – THSR
10:00 – 12:00 – Travel Tips with Mitch - SPDR
10:30 AM – Veterans Coffee Hour: MR
11:30 AM – 12:30 PM – Ask A Nurse: THSR
2:00-4:00 PM – Nimble Fingers Meeting:
Conservatory

FRIDAY, FEBRUARY 6

10:00 AM – 1:00 PM – Elliker Financial: SPDR (appts
required)
1:30 PM – Ice Cream Social: Daily Brew
7:30 PM - Mada & Hugh Piano Duo: CWPA

SUNDAY, FEBRUARY 8

Chapel, Message: Chaplain Dave Hicks

MONDAY, FEBRUARY 9

1:00 PM – Shady Maple Shuttle – sign up needed
2:15 PM - Monday, February 9 – Tim Herr and Herb
Davis “The Swiss Reformation”: CWPA

TUESDAY, FEBRUARY 10

12:00 PM – WEL (Widows Enjoying Lunch): MDR
1:00 – 3:00 PM – Beginners/Intermediate Chess
Matches: HCSR (4)
2:00 PM Afternoon of Song: A/C
3:00 PM – Cookies and Tea: LV Drawing Room

THURSDAY, FEBRUARY 12

8:00 – 11:30 AM – Mobile ENT on campus
10:00 – 12:00 – Travel Tips with Mitch – MP
1:00 – 3:00 PM – Travel Tips with Mitch - SPDR

SUNDAY, FEBRUARY 15

► Submissions for the March. “What’s New”
are due. Submit to whatsnew@telhai.org
Chapel, Message: Chaplain David Klingensmith
7:00 PM – Tel Haven Hymn Sing: THSR

MONDAY, FEBRUARY 16

10:00 – 12:00 PM – Jenn Kurtz Alterations: AOE
1:00 PM – Shady Maple Shuttle – (sign up needed)
7:00 PM – Book Club: Conservatory

TUESDAY, FEBRUARY 17

9:30 AM – Prayer Group for New Health Care
Center – A/C
12:00 – 1:00 PM – Wellness Meet and Greet: CWPA

WEDNESDAY, FEBRUARY 18

10:30 AM – Ash Wednesday Service: A/C
1:00 PM - Shuttle to Walmart – sign up needed
2:00 PM – RL Town Meeting: CWPA

THURSDAY, FEBRUARY 19

10:30 AM – Veterans Brunch – Magnolia Room
1:30 PM – Rosary – A/C
2:00 PM – Catholic Mass – A/C
2:00 - 4:00 PM – Nimble Fingers – bring your

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

FRIDAY, FEBRUARY 20

9:00 AM – 1:00 PM – Resale Shop open: HZ
1:00 PM – Honey Brook Chiropractic presentation:
CWPA
7:30 PM - Songs from Classic Broadway Shows:
CWPA

SUNDAY, FEBRUARY 22

Chapel, Message: Rev. Steve Wilson

MONDAY, FEBRUARY 23

1:00 PM – Shady Maple Shuttle – (sign up needed)
2:15 PM - Adventures in Novel Writing by resident
Craig Garner: CWPA

TUESDAY, FEBRUARY 24

1:00 – 3:00 PM – Beginners/Intermediate Chess
Matches: HCSR
1:00 – 2:30 PM – Talk with Scott Miller: GCC MP

WEDNESDAY, FEBRUARY 25

10:30 AM - Worship with Fran Atkins: A/C
1:00 – 2:00 PM – Tech Time with Tim: GCC MP
1:00 – 2:30 PM – Talk with Scott Miller: SC
3:00 – 4:00 PM – Celebrate “Hill of Life: DB

THURSDAY, FEBRUARY 26

8:00 – 11:30 AM – Mobile ENT on campus
2:00 PM – Caregiver Support Group: HCCR(2)

GENERAL ANNOUNCEMENTS & CAMPUS SPECIAL EVENTS

Celebrating Another Decade at the 'Hill of Life!' Garrett Community Center 2016-2025 Wall Board Unveiling

Wednesday, February 25, 2026

Drop In: 3:00 – 4:00 PM at the Daily Brew
Join us at the Daily Brew for warm refreshments
and cake as we celebrate the unveiling of our NEW
Decade Wall Board, on display in the hallway
between the GCC and Tel Haven/Auditorium
Chapel. This special unveiling honors our
community’s achievements and resilience—past
and present. All are invited to enjoy fellowship
while reflecting on the history and milestones of
our 7th decade of care and compassion. A shuttle
will be available by calling 484-798-3057.

Nimble Fingers

Nimble Fingers, a group of residents who knit,
crochet and do other needle art, will meet February
5th and 19th this month. Normally we meet on the
1st and 3rd Thursday of every month from 2:00 -
4:00 PM in the Conservatory in Brownstone. All
residents are invited to attend. Questions - Contact
Meg Schreiter at 484 888-6047.

February/March Art Task Force Displays
Stone Croft Display Case: Heritage Items
Garrett Display Case: Model Cars and Games
Clark Gallery: Bill Rogers

Honey Brook Chiropractic Presentation

Dr. Chris Bosler from Honey Brook Chiropractic will be visiting Tel Hai on February 20th at 1:00pm in the CWPA. He will highlight what chiropractic care is and how it can benefit patients and support a healthy lifestyle. Question and answer at the end of the presentation.

Travel Tips with Mitch

Don't Let The Bus Leave Without You!
If signing up for the ATT (Amazing Travel Treasures) trips feels confusing, don't worry—we've got you covered. We'll help you get your name on the list, answer your questions, and make sure you're ready to roll. Great trips, good company, and lots of fun are just a sign-up away!"
Feb 3rd, GCC – Mantle point, 10:00 AM – 12:00
Feb 5th, SC – SPDR, 10:00 AM – 12:00
Feb 12th, GCC – Mantle point, 10:00 AM – 12:00
Feb 12th, SC – SPDR, 1:00 – 3:00 PM

Twin Valley High School Concert

On Saturday, February 7, the Twin Valley School District is hosting 135 students from around the region to perform in a concert band festival. The students are the best high school instrumentalists from the region. The concert is at 3:00 PM at Twin Valley High School and tickets are \$10. Contact the school if interested.

Wellness Team Meet and Greet

Wonder who's who in Wellness? Come meet them on Tuesday February 17, from 12:00 – 1:00 PM in the CWPA. Light refreshments will be available.

Tea & Cookies in Lakeview

Tea and Cookies will be served after the Afternoon of Song on February 10 in the Lakeview Drawing Room.

WEL (Widows Enjoying Lunch)

Tuesday, February 10 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

What's New

The LAST DAY to submit articles for the March "What's New" is Sunday, February 15, 2026. Email your article to whatsnew@telhai.org.

Book Club

The Book Club at StoneCroft will meet Monday, February 16, at 7:00 PM in the Conservatory in Brownstone. The book selected for discussion is REMARKABLY BRIGHT CREATURES by Shelby Van Pelt. For information, please contact Jan Gauger, Greystone #3418; 610-787-0568.

Billiards

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
Monday thru Saturday 2:00 "On Cue
Billiards" (SC)

contact Steve Wilson wilson2of7@gmail.com, 570-313-4431

Women's Walk-in Billiards-

Saturdays, 1:30-3:30 PM - Garrett Rec
Room contact: Barbara Dooley,
btdooley215@gmail.com (610) 273-4756

Elliker Financial

Steve Elliker from Elliker Financial will be on campus Friday February 6th from 10:00 AM – 1:00 PM for financial questions. Please call their office directly at 610-858-0285 to schedule an appointment. Appointments will be held in the Scalies Private Dining Room in Stonecroft.

Afternoon of Song

We missed singing with you in January. Stay well and come join us Tuesday, February 10, at 2:00 PM in the A/C. We will do a few wintry weather songs mixed with a little love, hope and fun. See you there.

New Books in Garrett Library

The following new books were recently purchased with funds from our Used Book Sale:

The Curse of Penryth Hall - Jess Armstrong
The Secret of the Three Fates - Jess Armstrong
Listening to Nature's Voice - Pamela Baxter
The Secret of Secrets - Dan Brown
Under the Sea-Wind - Rachel Carson
Goliath's Curse - Luke Kemp
What We Can Know - Ian McEwan
The Impossible Fortune - Richard Osman
The Secret Lives of Book Sellers and Librarians - James Patterson
The Shipping News - Annie Proulx
Conversations on Kindness - Bernadette Russell
Buckeye - Patrick Ryan
Mona's Eyes (large print) - Thomas Schlessler
There are Rivers in the Sky - Elif Shafak
REMINDER: Please return all books to the Library as soon as you are finished reading them.

WORSHIP

Women's Bible study "Do I Still Matter?"

When: Tuesdays February 3 to March 10, 2026

Time: 2 PM to 3 PM

Place: Garrett Gathering Room

Do I Still Matter? Absolutely yes!! We will study individuals in their senior years in the Bible who God used in amazing ways, God has a plan and purpose for each of us in our retirement years which can be our most productive years. We will discover together what God has in store for us as we seek to finish our earthy race with joy, wisdom and purpose.

New for February

Beginning on **Tuesday, February 3rd at 2:00 PM** a 5-week study with **Irene Weaver "Do I Still Matter?"** meeting in the Gathering Room (GR). On **Wednesday, February 18th at 10:30 AM** meeting in the Chapel (A/C) and **Ash Wednesday Service**

with Choir. All faiths welcomed. And on **Wednesday, February 25th at 10:30 AM** meeting in the Chapel (A/C) a Chapel service with a message brought by Fran Atkins.

The Chosen – Season 5

When: Tuesdays, February 3 to March 24, 2026

Time: 7:00 PM to 8:00 PM

Place: CWPA

The season is structured around the events of Holy Week, culminating in the Last Supper, where Jesus shares his final meal with his disciples. Throughout the season, themes of impending loss, grief, and sacrifice are explored as Jesus prepares for his crucifixion. The emotional weight of these events is highlighted through the personal struggles of the disciples, particularly Judas Iscariot, whose growing disillusionment leads to his betrayal of Jesus.

HEALTH & WELLNESS

Shuffleboard is back!

The indoor court on the first floor of Tel Haven has reopened and is ready for use beginning February 2. Please join the gang that meets on Monday mornings at 11:00 AM. This space is also available for use at any time once access has been given. If you're interested in playing, please contact Fritz at 610-273-4163. Contact Gwynne at X2441 for swipe access to Tel Haven.

Chiropractor Care

Dr. Bosler from Honey Brook Chiropractic will be coming to Tel Hai to see residents/team members from 9:00 AM – 12:00 PM on the 1st and 3rd Friday of each month. He will be stationed in the Stonecroft Health Suite Treatment Room 1. Those interested in seeing him can call his office directly at 610-273-7400 to request an appointment.

www.honeybrookchiropractic.com

Dr. Lori Wilde – Podiatry

Mondays in LVHS and Fridays in SCHS.

Appointments required. Call Dr. Lori directly to schedule an appointment: 215-696-6078.

Mobile ENT

To schedule an appointment with the mobile ENT, please call 610-363-2532. They will be on site February 12 & 26 from 8:00 AM – 12:00 noon.

Financial Planners: Amanda Rock & Steve

Elliker Amanda (800-626-1190) and Steve (610-858-0285) are available for appointments on campus. Please call them directly 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.

Massages at StoneCroft Health Suite

Massages in StoneCroft Health Suite for February: Mondays 2, 9, 16 and 23 from 11:00 AM – 3:00 PM Wednesday the 18 from 11:00 AM - 3:00 PM and Friday the 13 from 11:00 AM – 3:00 PM. Available by appointment only. Please contact Shelly Hansen at shellyinlight@verizon.net or 610- 466-7733 to schedule an appointment.

TRIPS

Upcoming 2026 Trips

FIVE TRIPS OFFERED BY AMAZING TRAVEL

TREASURES IN 2026 – If you have an account set up already with Amazing Travel Treasures (ATT), all you need is the Group Collect Code to access the below trips. You may sign up at any time. Brochures are available in both RBCs as well. If you have not set up an account and desire to, go to <https://att.groupcollect.com/v2/auth/login>

April 16-17 – By Amazing Travel Treasures (ATT) – *Virginia International Tattoo*, Group Collect Code is THTATTOO

Wednesday, May 13 – by Amazing Travel Treasures (ATT) – *The Heart of Philly*, Group Collect Code is THPILLY26

Thursday, June 18 – by ATT – *A Taste of Annapolis*, Group Collect Code is THANNAPOLS26

Wednesday, September 16 – by ATT – *Anchored in Freedom* – NYC – Group Collect Code is THFREEDOM26

Wednesday, October 28 – by ATT – *Timeless Tracks Tour* – Group Collect Code THTTT26

October 8 & 9 – by ATT – *Touch of Hudson Valley* – Group Collect Code is THHRV26

ADDITIONAL TRIPS (not by ATT, but by chartering a coach and led by member of trip committee) – brochures are not available yet, but we wanted you to get this on your calendar if interested

April 9-16, 2026 – Historic Mississippi River Cruise – The trip brochures are posted in both RBC'S.

Saturday, June 13 – *A Tribute to Neil Diamond* at Hunterdon Hills Playhouse

Thursday, July 23 – Mt. Gretna Theater trip to see *Hair*

Thursday, November 5 – Girls Night Out to Dutch Apple featuring *The Carole King Musical*

Tuesday, November 17 – Christmas at Hunterdon Hills Playhouse

CONCERT SERIES**

Bus transportation from Garrett provided for all concerts – all held at the CWPA.

Friday, February 6 – 7:30 PM, CWPA - Hugh & Mada Piano Duet

The Mada & Hugh Piano Duo presents an enchanting concert featuring two pianists performing together at a single piano, creating rich harmonies and intricate musical conversations. You'll experience the refined artistry of pioneering female composers Mel Bonis and Cécile Chaminade alongside the duo's creative four-hand arrangements of iconic songs by Billy Joel, John Williams, Elton John, and Queen, plus additional beloved works. This diverse program celebrates the unique intimacy and power of piano duet performance, showcasing how beautiful music transcends both genre and era to touch the heart.

Friday, February 20 – 7:30 PM - CWPA Songs of the Leading Ladies of Broadway by Vocalist Krissy Fraelich & Pianist Jeffrey Uhlig

“Songs from Classic Broadway Shows and Contemporary Shows Highlighting the Wonderful Variety of Styles and Characters of Broadway's Leading Ladies”. We'll hear Love songs, Dramatic Songs and Fun and Funny Songs.

Saturday, March 21 – 3:00 PM, CWPA - National Christian Choir 2nd Edition – Sounds of Joy!

“2nd Edition” is the National Christian Choir’s premier ensemble -- blending 30 auditioned voices from the larger choir into a group that brings joy and encouragement wherever they perform. Directed by Kathy Bowman, the ensemble is accompanied by pianist, Michael Faircloth, and a team of talented musicians. Whether singing in the U.S. Capitol or a small-town historic sanctuary, *“2nd Edition”* combines excellence and energy in an unforgettable musical performance!

Friday, March 27 –7:30 PM, CWPA - Bow Tree Bass Quintet

The Bow Tree Brass Quintet Returns to Tel Hai! Mark your calendars! The Bow Tree Brass Quintet is delighted to return to Tel Hai for an upbeat, one-hour concert filled with toe-tapping favorites.

LIFE ENRICHMENT COMMITTEE Lectures – all in the CWPA at 2:15 PM. Shuttle provided for all lectures, call 484-798-3057.

Monday, Feb. 2 – Caroline Cooley - Suicide Awareness

Join us for an important presentation on suicide prevention. This session will cover nationwide/statewide statistics, identify common warning signs of suicide, and offer guidance on how to help someone in a mental health crisis. We’ll also discuss ways to help spread awareness and foster supportive, informed communities.

*Please note: this presentation will cover sensitive and potentially upsetting topics. We encourage all attendees to be mindful of their emotional well-being and take care as needed.

Monday, February 9 – Tim Herr and Herb Davis - The beginnings of the Swiss Reformation

Contemporary to the German Reformation led by Martin Luther, Ulrich Zwingli (1484-1531) was leading a Swiss Reformation in Zurich, Switzerland in an era of economic hardship for the masses, theological and philosophical debate for the educated and the rapid proliferation of printed materials for everyone. The quiet beginnings of the Swiss Reformation were catapulted into public controversy with the Lenten Sausage Scandal of

1522. Tensions greatly increased between Zwingli and members of his own group in 1525 when adult baptisms were conducted apart from the auspices of the state church. These dissenters to the Reform movement became known as Anabaptists. Presenters Pastor Herb Davis and Tim Herr represent these two faith traditions and will conclude their presentation by asking the question: what are today’s issues for the church that bring concern?

Monday, February 16 – no lecture

Monday, February 23 – Craig Garner - Adventures in Novel Writing

Craig Garner, Tel Hai Resident, will speak on the long, winding, often perilous (to the psyche) journey of writing and trying to get a novel published. Garner will discuss the process of imagining a story, deciding what’s good and what should go and then finding options to hopefully see it into print.

Monday, March 2 – Beth Oberholtzer – Gardens of Lancaster County

Amish Gardens is a rare, intimate tour of more than 18 Amish vegetable gardens that celebrates each garden’s mix of utilitarian and decorative plants and ornamentation. The family gardens are a portrait of the women who design, tend, and harvest them. Like the women who plant them, each garden has its own personality and beauty.

Monday, March 9 – Beth Oberholtzer – Amish Weddings: From Courtship to Celebration!

Amish Weddings is an exploration of Amish traditions, relationships, and community-wide celebrations that honor the union of two lives. It takes an intimate look at the Amish courtship process and the daylong wedding events that serve as both religious ceremonies and community gatherings. Though particular to the Old Order Amish community in Lancaster County, readers may recognize details that represent a broader Plain experience.

Monday, March 16 – Ken Sensenig - The unfamiliar behind the familiar: Oddities on U.S. state maps

We will explore current state boundaries that display anomalies that accumulated over time. For example, why did 18th century Marylanders consider Maryland's northern border to lie very close to what is now Tel Hai Retirement Home?

Monday, March 23 – Ken Sensenig - The unfamiliar behind the familiar: Unusual details of U.S. presidents

Odd and unusual details about the occupants of the White House reveal the ordinary and, at times, truly strange aspects of the lives of these politicians. For example, which politician killed another man in a duel two decades before he won a presidential election?

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)
HCC – Health Care Center
HZ – Hertzler
LV – Lakeview
LVDR – Lakeview Drawing Room
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

February 2026

Sunday, February 1

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

Monday, February 2

1:00 PM – Bible Study on John with Fran
Atkins – SPDR

Tuesday, February 3

1:00 PM – GriefShare – SPDR
2:00 PM – New Bible Study with Irene Weaver
on “DO I Still Matter?” – GR
7:00 PM – Men’s Bible Study “Genesis” – HCR2
7:00 PM – Chosen Series 5 – CWPA

Wednesday, February 4

11:00 AM – Choir Rehearsal – A/C

Thursday, February 5

10:00 AM – Women’s Community Bible Study
Grandview Commons
10:00 AM - Bible Discussion Group – THSR
7:00 PM – Dan MacDonald Bible Study on
Luke – CWPA_Middle

Sunday, February 8

9:00 AM – Chapel - CWPA or 968
10:30 AM – Chapel - A/C or 968
Message: Chaplain David Hicks
Music: Virginia Patchel

Monday, February 9

1:00 PM – Bible Study on John with Fran
Atkins – SPDR

Tuesday, February 10

1:00 PM – GriefShare – SPDR
2:00 PM – Bible Study with Irene Weaver on
“DO I Still Matter?” – GR
7:00 PM – Men’s Bible Study “Genesis” – HCR2
7:00 PM – Chosen Series 5 – CWPA

Wednesday, February 11

11:00 AM – Choir Rehearsal – A/C

Thursday, February 12

10:00 AM – Women’s Community Bible Study
Grandview Commons
10:00 AM - Bible Discussion Group – THSR
7:00 PM – Dan MacDonald Bible Study on
Luke – CWPA_Middle

Sunday, February 15

9:00 AM – Chapel: CWPA
10:30 AM – Chapel: A/C or 968
Message: Chaplain David Klingensmith
Music: Danton Arlotto
7:00 PM – Hymn Sing – THSR

Monday, February 16

1:00 PM – Bible Study on John with Fran
Atkins – SPDR

Tuesday, February 17

9:30 AM – Prayer Group for new Center – A/ C
1:00 PM – GriefShare – SPDR
2:00 PM – Bible Study with Irene Weaver on
“DO I Still Matter?” – GR
7:00 PM – Men’s Bible Study “Genesis” – HCR2
7:00 PM – Chosen Series 5 – CWPA

Wednesday, February 18

**10:30 AM – ASH WEDNESDAY SERVICE –
A/C**
11:15 AM – Choir Rehearsal – A/C

Thursday, February 19

10:00 AM – Women’s Community Bible Study
Grandview Commons
10:00 AM - Bible Discussion Group – THSR
1:30 PM – Rosary – A/C
2:00 PM – Catholic Mass – A/C
7:00 PM – Dan MacDonald Bible Study on
Luke – CWPA_Middle

Sunday, February 22

9:00 AM – Chapel: CWPA
10:30 AM – Chapel: A/C or 968
Message: Rev. Steve Wilson
Music: Becky Sensenig

Worship Schedule

February 2026

Monday, February 23

1:00 PM – Bible Study on John with Fran
Atkins – SPDR

Tuesday, February 24

1:00 PM – GriefShare – SPDR
2:00 PM – Bible Study with Irene Weaver on
“DO I Still Matter?” – GR
7:00 PM – Men’s Bible Study “Genesis” – HCR2
7:00 PM – Chosen Series 5 – CWPA


Wednesday, February 25

10:30 AM – WEDNESDAY CHAPEL – A/C
Message: Fran Atkins
11:15 AM – Choir Rehearsal – A/C

Thursday, February 26

10:00 AM – Women’s Community Bible Study
Grandview Commons
10:00 AM - Bible Discussion Group – THSR
7:00 PM – Dan MacDonald Bible Study on
Luke – CWPA_Middle

February 2026 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
Gentle Flow Yoga No classes in February <i>Hope to re-start soon.</i>	<u>9:00 – 9:45am</u> Power Up SC Group Exercise Room	<u>10:00am – 12:00pm</u> Pickleball Tel Hai Camp	Watch 965 for updates 1/23/26	<u>10:00am – 12:00pm</u> Pickleball Tel Hai Camp
<u>10:00am – 12:00pm</u> Pickleball Tel Hai Camp	<u>10:30– 11:30am</u> Chair Yoga CWPA	<u>1:15 –2:00pm</u> Resident Zumba SC Group Exercise Room	<u>10:30 –11:15am</u> Drums Alive SC Group Exercise Room <i>Registration required; contact Josh X2142</i>	<u>10:15 –11:15am</u> Strengthen & Tone SC Group Exercise Room
<u>11:00 –11:45am</u> Drums Alive GCC Gathering Room <i>Registration required; contact Josh X2142</i>	<u>10:30 –11:15am</u> Tune Up Time GCC Gathering Room	<u>2:00 – 3:00pm</u> Strength & Balance GCC Gathering Room <i>No class 2/18 for Town Meeting</i>	<u>10:30– 11:30am</u> Chair Yoga CWPA <i>No class 2/5</i>	<u>3:30 – 4:30pm</u> Corn Hole Grandview Commons
<u>11:00am</u> Shuffleboard is back! Tel Haven	<u>11:15am –12:15pm</u> Ping Pong GCC Gathering Room <i>Advanced competition</i>	<u>2:30 – 3:15pm</u> Pilates SC Group Exercise Room	<u>11:15am –12:15pm</u> Ping Pong GCC Gathering Room <i>Open to all levels of play</i>	<p>February Heart Health Month: Life’s Essential 8</p> <p>*Eat better: include whole foods, lots of fruits & vegetable, lean protein, nuts & seeds.</p> <p>*Be more active: adults should get 2 ½ hours of moderate or 75 minutes of vigorous physical activity/week.</p> <p>*Get healthy sleep: most adults need 7-9 hours of sleep each night. This promotes healing, improves brain function and reduces the risk for chronic diseases.</p> <p>*Manage weight: achieving & maintaining a healthy weight has many benefits.</p> <p>*Control cholesterol: high levels of bad cholesterol can lead to heart disease.</p> <p>*Manage blood sugar: over time high blood sugar can damage your heart, kidneys, eyes & nerves.</p> <p>*Manage blood pressure: Keeping within acceptable ranges can keep you healthier longer.</p> <p>*Quit tobacco: inhaled nicotine is leading cause of death in US.</p>
<u>1:00– 1:45pm</u> Chair Yoga GCC Gathering Room	<u>1:15 – 2:00pm</u> Total Body Toning SC Group Exercise Room	<u>3:30 – 4:30pm</u> Line Dancing GCC Gathering Room	<u>11:45am – 12:45pm</u> <u>1:00 – 2:00pm</u> Tai Chi CWPA <i>Fee to participate; contact Gwynne x2441 No class 2/5</i>	
<u>1:00 – 2:00pm</u> Strength & Balance SC Group Exercise Room	<u>Contact Information</u> <ul style="list-style-type: none"> • Corn Hole: Steve 570-313-4431 • Line Dancing: Bunny 610-960-4154 • Pickleball: Lesley 484-722-8436 • Ping Pong: Bruce 610-506-1240 • Shuffleboard: Fritz 610-273-4163 	<p style="text-align: center;">Personal Training Sessions</p> <p>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>	<u>1:00 –1:45pm</u> Tune Up Time GCC Gathering Room	
<u>3:30 – 4:30pm</u> Line Dancing GCC Gathering Room	<p style="text-align: center;"><u>FITNESS ROOMS</u></p> <p>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>		<u>2:15 –3:00pm</u> Drums Alive SC Group Exercise Room <i>Registration required; contact Josh X2142</i>	
			<p>www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8/</p>	



February 2026 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, <https://www.telhai.org/stonecroft-aquatics-center/>. Additionally, for SCAC updates, check SCAC entrance signs and Tel Hai's Facebook.

Please note SCAC temporary change of hours on Mondays 7:30am - 10:00am with no classes running!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pool & Lap Swim	<u>SCAC:</u> 7:30am-10:00am <u>GCCP:</u> 7:30am-9:30am	<u>SCAC:</u> 7:30am-12:00pm 1:00pm-6:00pm <u>GCCP:</u> 1:00pm-2:15pm	<u>SCAC:</u> 7:30am- 12:00pm 1:00pm -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 None Arthritis None <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 2:15-3:00pm Pre-registration required <u>GCCP:</u> None	<u>SCAC:</u> 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 <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 1/21/2026
Swim Team Lessons	None	Lessons 3:45pm-5:05pm	None	Lessons 3:45pm-5:05pm	None	Lessons 8:45am- 9:20am	None