

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 (Not July 4)
- 1:00 - 3:00 PM – Train Room is open for visitors
- *Except third Thursday
- 6:30 PM – Canasta: Daily Brew

Every Friday

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

Every Saturday

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

Every Sunday

- 9:00 AM – Chapel Service: Channel 968 and in-person attendance: CWPA

10:30 AM – Chapel Service: Channel 968 and in-person attendance: A/C

What's New? For July, 2024

Monday, July 1

- 8:00 AM - Registration begins for the next session of Tai Chi. Contact Gwynne X2441 or gjohnson@telhai.org
- 1:00 PM – Shady Maple Shuttle – sign up needed

Wednesday, July 3

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

Thursday, July 4

- 10:30 AM – Veterans Coffee Hour: MR

Friday, July 5

- 7:00 PM - Movie Night – Red Notice: CWPA

Monday, July 8

- 1:00 PM – Shady Maple Shuttle – sign up needed
- 2:15 PM – Get To Know You: CWPA

Tuesday, July 9

- 1:00 – 3:00 PM – Beginners/Intermediate Chess Matches: HCSR
- 12:00 PM – WEL (Widows Enjoying Lunch): MDR
- 7:30 PM – Tel Hai Performing Arts Series presents, The King's Brass: CWPA

Wednesday, July 10

- 5:30 PM – Boston Tea Party Dinner: CWPA

Thursday, July 11

- 1:00 – 3:00 PM – Women's Devotional Tea: GVC

Monday, July 15

- Submissions for the August "What's New?" are due. Submit articles to whatsnew@telhai.org
- 1:00 PM – Shady Maple Shuttle – sign up needed
- 7:00 PM – Book Club: Conservatory

Tuesday, July 16

- 2:00 PM – Willow Tree Hospice – Veteran Benefits: CWPA**
- 12:15 & 1:00 PM - Shuttle to Walmart–sign up needed

**Denotes volunteer shuttle is available for this event

Wednesday, July 17

9:00 AM – “Check in” with Rich Reale for trip to Sight & Sound (prior registration required): GVC parking Lot

Thursday, July 18

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, July 19

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

7:00 PM – Movie Night – Arthur The King: CWPA

Sunday, July 21

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

Monday, July 22

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

Tuesday, July 23

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

2:00 PM – Exploring Services at Tel Hai: CWPA**

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

Wednesday, July 24

7:20 AM – “Check in” with Donna Sweigert for Hershey/Harrisburg day trip (prior registration required): GVC parking lot

1:00 PM – Tech Time with Tim: MP

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

Thursday, July 25

1:00 – 3:00 PM – Women’s Devotional Tea: GVC

2:00 PM Care Partner Support Group: HCCR**

Friday, July 26

7:30 PM – Tel Hai Performing Art Series presents, Jeffrey Uhlig (piano) and Ben Dibble (vocal) featuring the Best of Broadway: CWPA

Tuesday, July 30

3:00 – 5:00 PM – Office of Katie Muth: CWPA PS**

Wednesday, July 31

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

GENERAL ANNOUNCEMENTS

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

Senator Katie Muth – Mobile Constituent Services

The office of Senator Katie Muth will be visiting Tel Hai on Tuesday July 30th from 3:00 PM - 5:00 PM in the CWPA Poolside. You will have the opportunity to ask questions about PennDOT services (REAL ID, handicap placards, car registration, etc.), how to obtain birth and death certificates, SEPTA senior passes, PA income tax return issues, and more. Shuttle available by calling 484-798-3057.

Shuttle News

New Shuttle Route: Shady Maple Grocery Store. Every Monday during the Summer. Shuttle will leave at 1:00 PM. Call to reserve your spot (GCC Front Desk: 2040).

Tel Hai Veterans

June was the last Brunch meeting for the summer. We plan to Kickoff in September with everyone having an opportunity to help us shape the Brunch program. Mark your calendars for September 19, for when we discuss “What are we Veterans all about?”

Veterans Coffee Hour

Veterans are welcome to come meet on Independence Day, July 4, for free coffee and donuts at 10:30 AM in the Magnolia Room. Come share with us.

Be Aware

The weather is beautiful and many people are out walking our beautiful campus. Please be aware of your surroundings especially in parking lots as vehicles are backing out.

"Did You Know?"

Did you know that Tel Hai provided about 800 plants to the Hands On Gardening Group? These plants were put in by a dedicated group of residents and Cesar Toro-Lopez to beautify the public areas of Tel Hai. If you see them watering, weeding or deadheading around campus, please take a moment to thank them for their hard work! If you would like to join us next year, contact Barbara McCleary at btmccleary9@gmail.com or 484-796-4293.

Willow Tree Hospice**

Join Willow Tree Hospice on Tuesday, July 16th at 2:00 PM in the CWPA Middle. Megan McCormick will be discussing various benefits that veterans are eligible for.

Exploring Services at Tel Hai**

Join the Residential Living team along with several guest speakers to learn about Tel Hai programs and services on campus on July 23 in the CWPA at 2:00 PM. Ice Cream will be available.

New Shuttle Announcement!

The Volunteer Shuttle will now be offering a weekly trip to Shady Maple Farm Market. The shuttle will run on Mondays at 1:00 PM. To reserve your spot call the Garrett Front Desk (x2040). There are only 3 spots available each week.

The Shady Maple Shuttle will run on the following Mondays:

July 1st, 8th, 15th, 22nd and 29th

August 5th and 12th

*Please note, the shuttle will only be going to the market. The Shady Maple smorgasbord and Goods store are NOT included in this shuttle service.

Ice Cream Social

Starting in July, the first Friday of each month we will have an Ice Cream Social in the Daily Brew from 1:30 - 3:00 PM. When the ice cream is gone we will be finished serving.

Medicare 101**

August 27th at 2:00 PM in the Stonecroft CWPA: MEDICARE 101. Are you new to Medicare? Do you have questions about how to sign up, or what is covered/isn't covered? Join the Chester County Office for the Aging to learn more.

Fine Tuning Your Medicare**

September 24th at 2:00 PM in the Stonecroft CWPA: FINE TUNING YOUR MEDICARE. The Annual Open Enrollment Period runs from October to December each year, and allows you to make changes to your current Medicare coverage at that time. Interested in learning how you can do so and what your options are? Join the Chester County Office for the Aging to learn more.

WORSHIP

Women's Devotional Tea

Join us for a devotional, fellowship and making crafts for Operation Christmas. July 11 & 25th from 1:00 - 3:00 PM in GVC. Contact Irene Weaver with any questions and to RSVP, 484-796-4822 or lewandirene@verizon.net

HEALTH & WELLNESS

Tai Chi

Tai Chi will continue from July 11 - August 29. All classes will be held on Thursday with 2 time options (11:45am-12:45pm or 1:00-2:00pm). All classes will be held in CWPA. This 8-week session will be \$35.00 and will be billed directly to your Tel Hai account. Registration begins Monday, July 1 and must be made with Gwynne. Please communicate class preference when registering. Email is preferred: gjohnson@telhai.org or by phone at extension 2441.

Mobile ENT

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

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 July: Mondays the 1st, 8th, 15th, 22nd and 29th from 11:00 AM – 4:00 PM. Friday the 5th from 11:00 AM – 4:00 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

Book Club

The Book Club at StoneCroft will be meeting Monday, July 15, at 7:00 PM, in the Conservatory in Brownstone. We welcome new members. This month's book is Running the Books by Avi Steinberg. For information, please contact Sandy Koenig at ext. 4794.

Wednesday July 10, CWPA: Boston

Tea Party Bash.

5:30 PM - Colonial Buffet (use dining dollars);
7:00 PM - Charlie Zahm and his fiddler Ted with songs and stories about the American Revolution.

Woods Edge Block Party

Save the date - September 17, 2024 for our annual block party in the CWPA. More information will be in your mailboxes the end of August.

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 Last Pocket Pool Tournament July 8 - 19 Sign up by July 6th to 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: Barbara Dooley (610) 273-4756
btdooley215@gmail.com

WEL (Widows Enjoying Lunch)

Tuesday, July 9, 12:00 Noon: Magnolia Dining Room. Come and meet some of your neighbors. We meet on the 2nd Tuesday of the month at noon. Please bring your lunch and beverage or pick up something from the Garden Café. To make a reservation, contact fellow resident Bebe Holland at 610-999-7907 or email bebeholland28@gmail.com.

ART TASK FORCE DISPLAYS

For July

Stone Croft and Garrett Display Case:

Resident Council Nominations

Clark Gallery: Chris Lancer (painter of nostalgic, historically-based images of Lancaster/Chester County)

Fulton Play and Lancaster Symphony

Orchestra

The Lancaster Symphony Orchestra season has ended, and the Fulton Play season will end soon. Are you interested in becoming a member next season? We have a few openings with the Lancaster Symphony Orchestra, and we may have a few with the Fulton Plays. There are 5-6 plays/orchestras per season starting in September and ending in May or June. If you don't want to become a member, but would enjoy attending occasionally, how about putting your name on the substitute list? When a member is unable to participate, it's helpful having a list of names to draw from. Contact Judy at jschweitzer@telhai.org or 610-273-9333, ext. 2154 if interested in becoming a member or to have your name on the sub list. Judy's role is to provide transportation, so before you call the Fulton or Orchestra for membership, make sure there is room on the bus if you are needing Tel Hai transportation.

Life Enrichment Lectures

Our lecture series will take a break over the summer, but we will have a Get To Know You program on **Monday, July 8 at 2:15 PM in the CWPA**. Please come and meet some of our new residents. Light refreshments afterwards. Tables will be set up so that you may stay and visit.

TRIPS

Signing up for trips

Just a reminder that when you sign up for a trip, you may be charged for the trip/transportation even if you cancel. It depends on the contracts, venues and prior determined transportation fees. When you have signed up for a trip and need to cancel, ask the group leader about refunds.

2026 Historic Mississippi River Cruise

The trip brochures are posted in both RBCs. If you are serious about going on this trip, please call the number on the brochure. There are two numbers and either one should work. Amazing Travel Treasures is asking that no one send in checks - we want to discern how many are going, and if we have enough interest then we will ask for deposit checks. We would like to know in a month or two if this trip is a go or not.

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

July 24, 2024 - A Harrisburg/Hershey

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

August 16 - General Spaatz - brochures are out

August 22 - Great Balls of Fire at Mt. Gretna Theater - trip is full, but we do need a waiting list - please call Judy at X2154

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 will open to the broader community

October 3 - Wolf Sanctuary - waiting list only

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 in July and 7:00 PM in August. Tel Hai transportation**

will be available from the Garrett at 7:00 PM. All July concerts are held in the CWPA, and the August concerts are held in the amphitheater if the weather is appropriate. Amphitheater concerts: Bring a jacket, visor, sunglasses and chair if able. We will have a rack of folding chairs available as well. Please don't block entrances at the end of each row. Please save the sidewalk seating (the walk that crosses from one side of the amphitheater to the other side) for those with walking and balance issues. Bus transportation will begin at Garrett at 7:00 PM when a concert starts at 7:30, and at 6:30 PM when a concert begins at 7:00 PM.

Tuesday, July 9 - Tim Zimmerman & The King's Brass - CWPA

Tim Zimmerman, Director, and The King's Brass provide innovative worship through the "best in sacred brass music." By teaming together, these Christian professionals from around the United States perform a wide variety of music including hymn classics, Handel, jazz, spirituals, Christmas Carols and patriotic marches. The King's Brass will lift your heart and spirit in praise. **Please note: concert held in CWPA.**

Friday, July 26 - Jeffrey Uhlig & Ben Dribble - CWPA

Join vocalist Ben Dribble and pianist Jeffrey Uhlig for a "Best in Broadway" concert. **Please note: concert held on CWPA.**

Friday, August 2 - Sling Shot

Slingshot is a versatile and popular 4-piece band that features the music of the 60s, 70s and 80s including classic rock, soul, "one-hit wonders" and more. This summer's performance- Rock & Soul Revival - will bring back some of your favorite tunes from decades past.

Wednesday, August 7 - Jennifer Jester Band

As a disciplined and creative musician, Jennifer Jester incorporates a rich musical background

with many experiences in multiple genres. Her music is an extension of self that is sometimes fun, whimsical and alluring. The music lives up to Jennifer's last name, and is entertaining, playful and diverse.

MOVIES

Friday, July 5, 7:00 PM, CWPA:

Red Notice. Comedy-Action-Crime movie: FBI profiler John Hartley's latest assignment — to catch the world's most wanted art thief — puts him in the middle of a heist and in league with another top art thief in a chase that takes them around the globe. Dwayne Johnson, Ryan Reynolds, Gal Gadot. PG-13.

Friday, July 19, 7:00 PM, CWPA:

Arthur the King. True story/
Adventure: Desperate for one last chance to win, Michael Light convinces a sponsor to back him and a team of athletes for the Adventure Racing World Championship in the Dominican Republic. As the team gets pushed to the outer limits of endurance, a stray dog they name Arthur comes along for the ride, redefining what victory, loyalty and friendship truly mean. Mark Wahlburg. PG-13.

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
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

July 2024

Tuesday, July 2

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

Sunday, July 7 Communion

9:00 AM – Chapel: CWPA or 968

Message: Chaplain Tim Herr

Music: Cheri Coleman

Piano: April Herr

10:30 AM – Chapel: A/C or 968

Message: Chaplain Tim Herr

Music: Cheri Coleman

Piano: April Herr

Tuesday, July 9

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

Thursday, July 11

10:00 AM Bible Discussion Group – THSR

Sunday, July 14

9:00 AM – Chapel: CWPA or 968

Message: Chaplain David Hicks

Piano: Ruthann Stevenson

10:30 AM – Chapel: A/C or 968

Message: Chaplain David Hicks

Piano: Ruthann Stevenson

Tuesday, July

16

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

Thursday, July 18

10:00 AM Bible Discussion Group – THSR

2:00 PM – Catholic Mass A/C

Sunday, July 21

9:00 AM – Chapel: CWPA or 968

Message: Pastor Dwayne Walton,
Director, Parkesburg Point

Music: Clark Lash

Piano: Danton Arlotto

10:30 AM – Chapel: A/C or 968

Message: Pastor Dwayne Walton,
Director, Parkesburg Point

Music: Clark Lash

Piano: Danton Arlotto

7:00 PM – Hymn Sing THSR

Tuesday, July 23

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

Wednesday, July 24

10:30 AM Chapel A/C

Message: Fran Atkins

Music: Irene Wegehof

Thursday, July 25

10:00 AM Bible Discussion Group – THSR

Sunday, July 28

9:00 AM – Chapel: CWPA or 968

Message: Chaplain David Hicks

Music: Rebecca Sensening

10:30 AM – Chapel: A/C or 968

Message: Chaplain David Hicks

Music: Rebecca Sensening

Tuesday, July 30

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

July 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.

We apologize in advance for any closures. Thunder & lightening: pools will close for a minimum of 30 minutes.

Thursday July 4th, SCAC will be open 7:30am – 12:00pm with no classes running. GCC closed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pool & Lap Swim	SCAC: 7:30am-12:00pm GCCP: 7:30am-9:30am	SCAC: 7:30am-12:00pm 1:00pm-6:00pm GCCP: No Lap swimming due to class running	SCAC: 7:30am-12:00pm 12:30pm-6:00pm GCCP: 7:30am-9:30am	SCAC: 7:30am-12:00pm 1:00pm-6:00pm GCCP: 1:15pm-2:15pm	SCAC: 7:30am-12:00pm 12:30pm-3:00pm GCCP: 7:30am-9:30am	SCAC: 7:30am-12:00pm GCCP: 9:00am-11:00am	SCAC: Closed GCCP: Closed
Spa	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Closed
Water Fitness Classes	SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	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 GCCP: AI CHI (water Tai Chi) 1:15-2:00pm	SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am AI CHI (water Tai Chi) 2:15pm-2:45pm <i>Begins 7/24</i> Aqua Spin- Staff 4:30-5:15 Pre-registration required GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	SCAC: Aqua Spin 8:00-8:45am Pre-registration required Deep Water 9:15-10:00am GCCP: None	SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	SCAC: Deep Water 9:15-10:00am GCCP: None	SCAC: None GCCP: None
Volley Ball	None	GCCP: Resident 2:30-3:30pm	None	GCCP: Resident 2:30-3:30pm	None	None	None Updated 6/18/2024
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

July 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. Thunder & lightening: pools will close for a minimum of 30 minutes.

Thursday July 4th, SCAC will be open 7:30am – 12:00pm with no classes 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 AI CHI (water tai chi) 2:15pm-2:45pm <i>Begins 7/24</i> 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 6/18/2024

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, quarterly and yearly memberships available for purchase. Family, Couple, and Individual options are available. Memberships are not required for swim lesson participation.

July 2024 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>9:00 – 11:00am Tennis Grandview Commons</p>	<p>9:00am – 11:00am Pickleball Grandview Commons <i>Note new time</i></p>	<p>9:00 – 11:00am Tennis Grandview Commons</p>	<p>9:00am – 11:00am Pickleball Grandview Commons <i>Note new time</i></p>
<p>9:00– 10:00am 10:30– 11:30am Gentle Flow Yoga SC Group Exercise Rm <i>Fee to participate; contact Gwynne</i></p>	<p>10:30 –11:15am Tune Up Time GCC Gathering Room</p>	<p>Resident Zumba No classes this month</p>	<p>10:30– 11:30am Chair Yoga SC Group Exercise Room <i>No class July 4</i></p>	<p>10:15 –11:15am Strengthen & Tone SC Group Exercise Room</p>
<p>9:00am – 11:00am Pickleball Grandview Commons <i>Note new time</i></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 <i>No class July 4</i></p>	<p>2:00 – 3:00pm Beginner Line Dancing GCC Gathering Room</p>
<p>11:00am– 12:00pm Chair Yoga CWPA poolside</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 No class July 4</i></p>	<p>3:30 – 4:30pm Corn Hole Behind Grandview Commons</p>
<p>1:00 – 2:00pm Strength & Balance SC Group Exercise Room</p>	<p>1:15 – 2:00pm Total Body Toning SC Group Exercise Room</p>	<p>7:00pm 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 No class July 4</i></p>	<p>SATURDAY 9:00am Tennis Grandview Commons</p>
<p>3:30 – 4:30pm Line Dancing GCC Gathering Room</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 	<div data-bbox="871 1047 1974 1544"> <h2>Staying Safe in Hot Weather</h2> <p>Watch for these signs of hyperthermia:</p> <ul style="list-style-type: none"> Dizziness Muscle cramps Swelling in your ankles and feet Nausea and weakness Rapid pulse <p>Tips to prevent hot-weather illness:</p> <ul style="list-style-type: none"> Drink liquids Limit caffeine and alcohol Wear light-colored, loose fitting clothes If it's too hot, try exercising indoors <p>Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.</p> </div>		
<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. Also for those seeking help and guidance with weight management through nutrition. Please consider contacting Josh X2142 or jbooker@telhai.org</p>	<p>FITNESS ROOMS</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> <p>**Watch 965 for updates 6/19/24</p>			