

# 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  
1:00 PM – GriefShare: SPDR  
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  
10:30 AM – Dave Hicks Bible Study: GR (starts Oct. 11)  
11:15 AM – Choir Rehearsals: 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: CWPA PS & SPDR  
10:00 AM – Bible Discussion Group: THSR  
6:30 PM – Canasta: Daily Brew

### Every Saturday

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

### Every Sunday

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

## What's New? For October, 2024

### Wednesday, October 2

11:00 AM – Estate Planning 101: CWPA  
1:00 PM - Shuttle to Crops – sign up needed

### Thursday, October 3

8:30 AM – depart for Wolf Sanctuary trip (prior reservations): GVC  
10:30 AM – Veterans Coffee Hour: MR  
11:30 AM – 12:30 PM – Ask A Nurse: THSR  
2:00 - 4:00 PM – Nimble Fingers – bring your knitting, crocheting, or other needle art projects while enjoying conversation: Conservatory

### Friday, October 4

1:30 PM – Ice Cream Social: Daily Brew  
4:00 – 7:00 PM – Camp's Spaghetti Supper

### Monday, October 7

8:00 AM – Shuttle to LabCorps – sign up needed  
1:00 PM – Shady Maple Shuttle – sign up needed  
2:15 PM – LEC presents, Emergency Department Stories & More by Esther Stoltzfus: CWPA\*\*

### Tuesday, October 8

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

### Wednesday, October 9

2:30 PM – Worship Committee Meeting: SPDR

### Thursday, October 10

4:30 PM – depart for "Hairspray" at Dutch Apple (prior reservations required): GVC  
7:00 PM - Dan MacDonald Bible Study on Mark – CWPA-Dockside

\*\*Denotes volunteer shuttle is available for this event

### **Friday, October 11**

10:30 AM – “Jesus in the Old Testament” Bible Study with Chaplain Dave Hicks: GR

7:00 PM – Movie Night: Terms of Endearment. This movie will be introduced by Craig Gardner and then he will lecture on Monday, October 14 about writer, Larry McMurtry: CWPA

### **Saturday, October 12**

12:00 PM departure from GCC and 12:15 PM from SC for Lancaster Symphony Orchestra (prior registration required)

### **Monday, October 14**

2:15 PM – LEC presents “Larry McMurtry: One-of-a Kind American Writer of the Past Half-Century” by Craig Gardner: CWPA \*\*

### **Tuesday, October 15**

► Submissions for the October “What’s New?” are due. Submit articles to [whatsnew@telhai.org](mailto:whatsnew@telhai.org)

9:00 AM – 12:00 PM - Flu/Covid Vaccine clinic: CWPA\*\*

12:00 PM – Newbies lunch: GVC

Open Enrollment Medicare Counseling: SPDR Appointment Only – see RBC for signup sheet.

4:30 – 6:30 PM – 50’s Night: AZ (prior sign up)

### **Wednesday, October 16**

10:15 AM - check in with Mary Jo Horwitz and depart for Ladies Tea (prior registration required): GVC

### **Thursday, October 17**

10:30 AM – Veteran’s Brunch: Azalea Square  
Guest Speaker: Megan Walton, Coatesville VA

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, October 18**

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

10:30 AM – “Jesus in the Old Testament” Study – GR

1:30 – 3:30 PM – Operation Christmas Child: GVC

7:30 PM – Tel Hai Performing Arts presents, “Our Three Tenors”: CWPA\*\*

### **Sunday, October 20**

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

### **Monday, October 21**

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

2:15 PM – LEC presents, “William Chester Ruth: Inventor & Entrepreneur” by Gwendolyn Ruth Dickinson: CWPA\*\*

7:00 PM – Book Club: Conservatory

### **Tuesday, October 22**

Open Enrollment Medicare Counseling: SPDR

Appointment Only – see RBC for signup sheet.

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

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

### **Wednesday, October 23**

10:15 AM check in with Mary Jo Horwitz and depart for Ladies Tea (prior registration required): GVC

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

1:00 PM – Tech Time with Tim: MP

7:00 PM – Harvest Worship with Choir: CWPA

### **Thursday, October 24**

1:30 – 3:30 PM Care Partner: Hillcrest \*\*

2:00 PM Care Partner Support Group: HCR(2)\*\*

7:00 PM – Dan MacDonald Bible Study on Mark – CWPA-Dockside

Open Enrollment Medicare Counseling: SPDR

Appointment Only – see RBC for signup sheet.

### **Friday, October 25**

10:30 AM - “Jesus in the Old Testament” Study: GR

Open Enrollment Medicare Counseling: SPDR

Appointment Only – see RBC for signup sheet.

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

1:30 – 3:30 PM – Operation Christmas Child: GVC

### **Sunday, October 27**

2:00 PM – Remembrance Service for those who died Jan – June 2024: CWPA

### **Monday, October 28**

2:15 PM – LEC presents, “The Corps of discovery: Lewis & Clark’s Great Adventure” by David Walter: CWPA\*\*

### **Tuesday, October 29**

9:00 AM – 12:00 PM - Flu/Covid Vaccine clinic: CWPA\*\*

Open Enrollment Medicare Counseling: SPDR

Appointment Only – see RBC for signup sheet.

### Wednesday, October 30

10:30 AM – Worship Service: A/C

5:00 PM Spooktacular Dinner and movie –

Reservations required

### Thursday, October 31

Open Enrollment Medicare Counseling: SPDR

Appointment Only – see RBC for signup sheet.

7:00 PM – Dan MacDonald Bible Study –

CWPA-Dockside

## GENERAL ANNOUNCEMENTS

### The Rotary Club of Twin Valley Presents Empty Bowls Event: Benefits the Twin Valley Food Pantry

This annual event is held at Conestoga Mennonite Church in Morgantown from 4:30 to 7:00 PM on Friday, November 8<sup>th</sup>. The cost is \$12. Early participants receive a hand-crafted bowl created by a local artist. Some of our residents have created and donated bowls through our Fireside Ceramics room. Soup/bread is provided by local restaurants. Participants' empty bowls will continue to be a reminder of others' hunger.

### Holiday Bazaar - Saturday, November 16 from 10:00 AM to 2:00 PM

**Please mark your calendars for the annual Holiday Bazaar that is held in the CWPA.**

From home-based businesses to skilled craftsmen, our annual Holiday Bazaar is a great place to get a head start on holiday shopping. Local vendors display their wares, including handcrafted woodwork, artisan jewelry, artwork, pottery, and florals. A shuttle will be running between StoneCroft and the Garrett Community Center. **You may call Judy at 610-273-9333, ext. 2154 or email her at [jschweitzer@telhai.org](mailto:jschweitzer@telhai.org) for questions or more information.**

### What's New

The **LAST DAY** to submit articles for the November "What's New?" is Tuesday, October 15. Email your article to [whatsnew@telhai.org](mailto:whatsnew@telhai.org).

### Volunteer Engagement Committee

They will be hosting a targeted promotion benefitting the Coatesville VA Medical Center. The drive will run from October 21<sup>st</sup> - 25<sup>th</sup>. Items needed: can openers, kitchen items, cleaning items, canned goods. Please see flyers for more details.

### Coping with Holiday Depression & Stress

Do you struggle with the "holiday blues?" Loss of a loved one, unrealistic expectations from family/friends, financial constraints, and fatigue can make the holiday season more stressful than lighthearted. Come join Megan McCormick from Willow Tree Hospice on November 12th at 2:00 PM in the CWPA to talk about this type of stress and learn some coping strategies.

### New books in Garrett Library

The following books have been purchased with proceeds from the Tel Hai Used Book Sale:

- *Surviving Savannah* by Patti Callahan
- *The Glass Maker* by Tracy Chevalier
- *Summer at Little Beach Street Bakery* by Jenny Colgan
- *Sunrise by the Sea* by Jenny Colgan
- *Eruption* by Michael Crichton, James Patterson
- *Night Road* by Kristin Hannah
- *Marmee* by Sarah Miller
- *Dear Mrs. Bird* by A.J. Pearce

### Afternoon of Song

Garrett welcomed us to the A/C, and we will do all our programs there this 24/25 year. No one took the shuttle from Stonecroft last month, so

if you want a shuttle ride from Stonecroft, please call 484-340-0395 before October 3, so we can get a driver and car. The next Afternoon of Song will be held on October 8 at 2:00 PM in the A/C.

### **Cookies and Tea**

Lakeview will offer cookies and tea on October 8 at 3:00 PM in the Lakeview Drawing Room.

### **Operation Christmas Child**

Operation Christmas Child at Tel Hai will be holding two crafting events in October. These events will be held on Friday October 18 and Friday October 25 in the Grand View Commons from 1:30-3:30 PM on both days. All items made will be packed in Operation Christmas Child boxes at the Tel Hai packing party scheduled on November 12 & 13. The crafts do not require any crafting skills and all supplies will be provided. This event is open to all Tel Hai residents both women and men. Come when you can and leave when you need to. Help us spread the love of Jesus to children around the world and have a great time working with your fellow residents!

## **WORSHIP**

### **Jesus in the Old Testament Bible Study begins October 11th**

The Old Testament is full of prophecies of the Coming Messiah and appearances of the Second Person of the Trinity in angelic form, symbolically represented in some of the stories of the Bible, and at times appearing as a man. Come learn about these accounts and discover that Jesus is found in the whole Bible. Our study begins on **Friday, October 11<sup>th</sup> at 10:30 AM** in the Gathering Room (GR).

### **Harvest Worship Event with Choir – October 23<sup>rd</sup> at 7:00 PM**

Join us as we celebrate the change of seasons and all the bountiful gifts God gives to us in every season of our lives. Music will be provided by the Tel Hai Choir. See you **Wednesday, October 23<sup>rd</sup> at 7:00 PM in the CWPA.**

### **Dan MacDonald Bible Study on “Mark”**

Pastor Dan MacDonald is back with his evening Bible Study on the Gospel of Mark. Meeting in the CWPA\_Dockside, the study will meet on various evenings at 7:00 PM. The study meets on Thursdays, October 10, 24, and 31 and November 7 and 21, and Wednesdays, December 4 and 11. The study will be televised for those who are unable to attend in person. Notes will be provided at each class. If you are unable to attend in person, and would like to receive notes in the mail, please call the chaplain's office at x-2443 to get on the list to receive the notes.

## **HEALTH & WELLNESS**

### **Open Enrollment**

Open enrollment is here, and Tel Hai would like to offer you several opportunities to explore your health insurance options. To learn more about these opportunities, please refer to the memo that you received on October 1st. Should you need a copy of this or have additional questions, please contact Suzanne Hafer (x4260) or Caroline Cooley (x2762).

### **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.

### **Ai Chi**

6-week session - No registration needed!

Session dates: Wednesday October 30 through Wednesday December 11 with no class Wednesday November 27. Class time: Wednesdays at 2:15 -2:45 PM at SCAC.

What is Ai Chi? Ai Chi is a simple water exercise and relaxation program performed using a combination of deep breathing and slow, broad movements of the arms, legs, and torso in flowing continual patterns. Awareness of the mind's presence in the various parts of the body is taught through the techniques of Ai Chi. With this training we can acquire greater degrees of health, fitness and longevity than through physical training alone. In Ai Chi we strive not for the precision and rigidity of traditional exercise but for tranquility.

Ai Chi will be offered as a 6-week session Wednesdays at 2:15 - 2:45 PM at SCAC with a one week break between sessions. You may register by email to Sandi Brandt at [Sbrandt@telhai.org](mailto:Sbrandt@telhai.org) or phone 610-273-9333 ext. 2441

### **Dr. Lori Wilde - Podiatry**

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

### **Amanda Rock - Financial Planner**

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

### **OnSite Dermatology**

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

### **Drums Alive**

Drums Alive is exercise that uses drumsticks to hit an exercise ball placed on a bucket while listening to upbeat music, and can be performed seated or standing. Residents can expect to experience a whole-body workout. The class will boost both left and right brain coordination, social connectedness, concentration, and mind-body awareness. Drums Alive will be Thursdays, October 3 - October 24 in the StoneCroft Group Exercise Room, on the lower level next to the fitness room. The morning class will be from 10:30-11:15 AM and the afternoon class will be from 2:15 - 3:00 PM. Due to limited space and equipment, sign-ups are required. By signing up you are committing, as best as possible, to these four classes. Registration began September 25 and can be made with Josh. When signing up, please specify in which class you would like to enroll. Email is preferred: [jbooker@telhai.org](mailto:jbooker@telhai.org) or by phone at extension 2142. We are planning 4-week sessions. We are already planning November's sessions and will communicate information in the future.

### **Massages at StoneCroft Health Suite**

Massages in StoneCroft Health Suite for October: Mondays the 7<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup> from 11:00 AM - 4:00 PM. Friday the 11<sup>th</sup> from 11:00 AM - 4:00 PM. Please contact Shelly Hansen at [shellyinlight@verizon.net](mailto:shellyinlight@verizon.net) or 610- 466-7733 to schedule an appointment.

## CAMPUS SPECIAL EVENTS

### Book Club

The Book Club at StoneCroft will be meeting Monday, October 21, at 7:00 PM, in the Conservatory in Brownstone. The book is Lessons in Chemistry by Bonnie Garmus. For information, please contact Sandy Koenig at ext. 4794.

### Billiards

- Men's Walk-in 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](mailto:bonkersboy@gmail.com), 484-722-8395
- Halloween 8-Ball Tournament  
Oct. 8 - 18 (Deadline 10/16)  
Bob LaDrew, [bonkersboy@gmail.com](mailto: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](mailto:btdooley215@gmail.com)

### WEL (Widows Enjoying Lunch)

**Tuesday, October 8, 12:00 Noon:** Magnolia Dining Room. Come and meet some of your neighbors. We meet on the 2<sup>nd</sup> 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](mailto:bebeholland28@gmail.com).

## ART TASK FORCE DISPLAYS

### For October

**Stone Croft Display Case:** Coloring Club

**Garrett Display Case:** Angel Display

**Clark Gallery:** Karen Neumann (pour artist)

### Life Enrichment Lectures\*\*

#### Monday, October 7 - Emergency Department Stories & More, 2:15 PM, CWPA

Born and raised on a Mennonite farm in the rural south, Esther Stoltzfus, the youngest of eight children knew since the age of 5 she was destined to be a nurse. Join Esther as she shares highlights of her 41-year career as a Registered Nurse, along with vignettes of life in the south and stories of her journey to PA.

#### Monday, October 14 - Larry McMurtry: One-of-a-Kind American Writer of the Past Half-Century, 2:15 PM, CWPA

Join Tel Hai resident, journalist and speaker, Craig Garner as he shares with us the life and achievements of author, public intellectual and passionate bookseller, Larry McMurtry.

Hailing from a dusty Texas Plains small town to become one of our most beloved writers, McMurtry produced 40 books over 60 years. He was one of the last American writers who had direct contact with this country's pioneer traditions, and many of his books were turned into classic movies or TV series, such as *Lonesome Dove* and *Terms of Endearment*. The movie committee will show *Terms of Endearment* on Friday evening

October 11 at 7:00 PM. We encourage you to come to the movie as it ties in very well with Craig's lecture the following Monday.

**Monday, October 21 - William Chester Ruth: Inventor & Entrepreneur, 2:15 PM**

William Chester Ruth was an African American machinist, business owner, and patented inventor who lived in Chester and Lancaster Counties. One of Ruth's most successful patented farm inventions was the self-lifting elevator for conveying bales of hay or straw, ears of corn, and bags of grain or feed into storage. Ruth's granddaughter, Gwendolyn Ruth Dickinson, presents his story told through memorabilia and pictures, her own experiences, and recollections including a short documentary film. It features firsthand accounts of farmers, patrons and neighbors who knew the man and utilized his Wm. C. Ruth machine shop to keep their farms and businesses running.

**Monday, October 28 - The Corps of Discovery: Lewis & Clark's Great Adventure, 2:15 PM, CWPA**

With the Louisiana Purchase of 1803, the US gained more than 800,000 square miles of new unexplored territory. President Jefferson launched an expedition - the Corps of Discovery - to explore all the way from the Mississippi River to the Pacific Ocean. Come paddle, ride, and trek with Lewis & Clark, and their company, as they spend two years of unprecedented hardships and triumphs on the greatest adventure of the American West. Local historian, lecturer and writer David Walter will lead us on this adventure.

**Monday, November 4 - Marvin & Miriam Weaver: Shady Maple Farm Market & Smorgasbord, 2:15 PM, CWPA**

Join the owners of Shady Maple Farm Market and Smorgasbord - Marvin & Miriam Weaver - as they share about the history and growth of Shady Maple. Founded in 1962 as an East Earl farm market by Miriam's parents, Henry and Edna Martin, they sold produce from a roadside stand under two maple trees in front of their farmhouse. In 1970, Marvin & Miriam took over the family business, opened the first Shady Maple Farm Market building, and expanded the business into several ventures. Members of Blue Ball Mennonite Church and married for 57 years, the Weavers will share how the Lord has richly blessed their family and the community.

**Monday, November 11 - Journey to Promontory: Linking the Two Great Oceans, 2:15 PM, CWPA**

The dream of Manifest Destiny could not be fully realized until transportation between the Atlantic and Pacific coasts was made easier and faster. Technology, engineering, sheer muscle power and a bit of financial and legislative corruption completed the transcontinental RR in 1869. Join local historian, lecturer and writer David Walter as he shares the story of men with foresight, men seeking wealth, Chinese and Irish laborers, "Hell on Wheels" camps, and engineering challenges. Come journey to promontory and learn more about the tremendous achievement that linked East to West.

## TRIPS

**Announcement:** The Trip Committee works hard to provide trips, and we are happy that so many residents participate. Please remember that when you sign up for a trip, you are expected to pay full price even if you drop out of the trip. We don't always have a waiting list, and if vendors have been paid, you are locked in.

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

**October 3 - Wolf Sanctuary** - waiting list only

**October 10 - Ladies Evening Out at Dutch Apple Dinner Theater, Hairspray** - brochures are out - waiting list only

**October 16 and 23 - The Tea Affair in Lititz for ladies only** - brochures available - waiting list only

**November 6 - Taste Bud trip** - brochures are not out yet

**December 19 & 27 - American Music Theater Christmas and lunch at Hershey's Restaurant** - brochures are posted in both RBCs in the trip bins

**April 6-13, 2025 - Charleston/Savannah trip motor coach trip** - currently working on brochures

## FALL CONCERT SERIES\*\*

**Friday, October 18, 7:30 PM, CWPA, Pianist, Jeffrey Uhlig & Our Three Tenors\*\***

Join us for a captivating evening of music with Jeffrey Uhlig and three tenors. The three tenors are Samuel Schlievert, Daniel Taylor and Jim Schubert.

**Wednesday, November 13 at 7:30 PM, CWPA, Chester County Youth Orchestra\*\***

The Chester County Youth Orchestra provides an opportunity for students in grades 6-12 to experience the joy of making music with a full symphony orchestra, and allows them to meet fellow musicians from school districts across Chester, Delaware, and Montgomery Counties. CCYO is dedicated to giving young musicians in Southeastern Pennsylvania the chance to grow musically by performing challenging works from the standard orchestral literature as well as music from the cinema and the Broadway Stage. These talented students hone their performance skills and learn a wide variety of music. As members of the CCYO, students gain experience playing music of many different composers, styles, and time periods.

**Friday, November 22, 7:30 PM, CWPA, Crystal & Light\*\***

Join us for a delightful evening with Jocelyn Crosby and Faith Wasson on flute, accompanied by Douglas Wimer on piano. Jocelyn is a concert flutist, freelance performer and collaborative musician-based in Lancaster, PA. Faith is an international performing artist, having performed throughout Europe and North America as an orchestral chamber musician and soloist. Doug is currently the organist and choirmaster of St. Stephen Reformed Presbyterian Church, New Holland, and owner/president of the Buch Organ Company in Ephrata, Pa.



## MOVIES\*\*

**Friday October 11th, 7:00 PM, CWPA:**

### Terms of Endearment\*\*

As a springboard for the LEC lecture on Monday Oct. 14th about author Larry McMurtry, (*Terms of Endearment* was written in 1975) his 1983 insightful masterpiece will be shown. **Terms of Endearment** examines the evolving 30-year relationship between two captivating people: a hard-to-please mother looking for love and her daughter, unforgettably played by Shirley MacLaine and Debra Winger. Jack Nicholson turns in a great comic performance as MacLaine's neighbor, a boozy, womanizing former astronaut. Supporting cast also includes Jeff Daniels, John Lithgow, Danny DeVito. 11 Oscar nominations, 5 wins including Best Picture. PG. 2 hr 12 min.

**Friday, November 8, 7:00 PM, CWPA\*\***

**Roald Dahl's Esio Trot.** A magical, warm-hearted story about a nerdy painfully shy elderly man who is madly in love with a free-spirited neighbor but can't tell her, so he hatches a plan (no pun intended) to make her happy by improving the health of her beloved pet turtle, Alfie. Judy Dench, Dustin Hoffman. 2015. 1 hr 27 min. PG-13.

**Friday, November 29, 7:00 PM, CWPA:**

**The Holdovers.** A curmudgeonly instructor at a New England prep school is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go. Eventually he forms an unlikely bond with one of them -- a damaged, brainy troublemaker -- and with the school's head cook. Paul

Giamatti, Da'Vine Joy Randolph, Dominic Sessa. 2023. R. 2 hr 13 min.

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## **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 (3<sup>rd</sup> fl. Hillcrest)  
FTR – Fitness Room  
GCC – Garrett Community Center  
GR – Gathering Room  
HCR(2) – Hillcrest Conference Room (2<sup>nd</sup> floor)  
HCSR – Hillcrest Social Room (4<sup>th</sup> 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) – 1<sup>st</sup> 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 – 1<sup>st</sup> Floor  
Theater – 2<sup>nd</sup> Floor  
Textile Arts Room – 3<sup>rd</sup> Floor  
Conservatory – 4<sup>th</sup> floor

**Grandview Commons (GVC)** – across from SC  
Hillside Amenities – bocce, tennis, pickleball court

# *Worship Schedule*

## *October 2024*

### **Tuesday, October**

**1**

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

### **Thursday, October 3**

10:00 AM - Bible Discussion Group – THSR

10:00 AM - Community Bible Study – CWPA\_Poolside

### **Sunday, October 6**

9:00 AM – Chapel: CWPA or 968

10:30 AM – Chapel: A/C or 968

Message: Pastor Steven Wilson

Piano: Virginia Patchel

### **Tuesday, October 8**

1:00 PM - GriefShare

SPDR

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

### **Wednesday, October 9**

11:15 AM - Choir A/C

### **Thursday, October 10**

10:00 AM - Bible Discussion Group – THSR

10:00 AM - Community Bible Study CWPA\_Poolside

7:00 PM – Dan MacDonald Bible Study on “Mark”  
CWPA\_Dockside and 968

### **Friday, October 11**

10:30 AM - “Jesus in the Old Testament” Bible Study  
led by Chaplain Hicks – GR

### **Sunday, October 13**

9:00 AM – Chapel: CWPA or 968

10:30 AM – Chapel: A/C or 968

Message: Chaplain David Klingensmith

Piano: Rebecca Sensenig

### **Tuesday, October 15**

1:00 PM - GriefShare SPDR

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

### **Wednesday, October 16**

11:15 AM - Choir A/C

### **Thursday, October 17**

10:00 AM - Bible Discussion Group – THSR

10:00 AM - Community Bible Study – CWPA\_Poolside

2:00 PM – Catholic Mass A/C

### **Friday, October 18**

10:30 AM - “Jesus in the Old Testament” Bible Study  
led by Chaplain Hicks – GR

### **Sunday, October 20**

9:00 AM – Chapel: CWPA or 968

10:30 AM – Chapel: A/C or 968

Message: Chaplain David Hicks

Music: Ruthann Stevenson

7:00 PM – Hymn Sing THSR

### **Tuesday, October 22**

1:00 PM - GriefShare SPDR

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

### **Wednesday, October 23**

10:30 AM - Chapel A/C

Music and Word

7:00 PM – Harvest Worship Event with Tel Hai Choir -  
CWPA

### **Thursday, October 24**

10:00 AM - Bible Discussion Group – THSR

10:00 AM - Community Bible Study – CWPA\_Poolside

7:00 PM – Bible Study on “Mark” – CWPA\_Dockside  
and 968

### **Friday, October 25**

10:30 AM - “Jesus in the Old Testament” Bible Study  
led by Chaplain Hicks – GR

### **Sunday, October 27**

9:00 AM – Chapel: CWPA or 968

10:30 AM – Chapel: A/C or 968

Message: Pastor David Klingensmith

Music: Danton Arlotto

2:00 PM – Remembrance Service for those who died  
January to June, 2024 - CWPA

### **Tuesday, October 29**

1:00 PM - GriefShare

SPDR

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

### **Wednesday, October 30**

11:15 AM - Choir A/C

***Worship Schedule  
October 2024***


**Thursday, October 31**

10:00 AM - Bible Discussion Group – THSR

10:00 AM - Community Bible Study CWPA\_Poolside

7:00 PM – Bible Study “Mark” – CWPA\_Dockside

# October 2024 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>9:00 – 11:00am</b> Tennis Grandview Commons</p>	<p><b>10:00am – 12:00pm</b> Pickleball Grandview Commons or Tel Hai Camp</p>	<p><b>9:00 – 11:00am</b> Tennis Grandview Commons</p>	<p><b>10:00am – 12:00pm</b> Pickleball Grandview Commons or Tel Hai Camp</p>
<p><b>9:00– 10:00am</b> <b>10:30– 11:30am</b> Gentle Flow Yoga SC Group Exercise Room <i>Fee to participate; contact Gwynne</i></p>	<p><b>10:30 –11:15am</b> Tune Up Time GCC Gathering Room</p>	<p><b>1:15 –2:00pm</b> Resident Zumba SC Group Exercise Room <i>No class 2<sup>nd</sup> &amp; 23<sup>rd</sup></i></p>	<p><b>10:30– 11:30am</b> Chair Yoga CWPA</p>	<p><b>10:15 –11:15am</b> Strengthen &amp; Tone SC Group Exercise Room</p>
<p><b>10:00am – 12:00pm</b> Pickleball Grandview Commons or Tel Hai Camp</p>	<p><b>11:00am</b> Shuffleboard Tel Haven</p>	<p><b>2:00 – 3:00pm</b> Strength &amp; Balance GCC Gathering Room</p>	<p><b>10:30 –11:15am</b> Tune Up Time GCC Gathering Room</p>	<p><b>2:00 – 3:00pm</b> Beginner Line Dancing GCC Gathering Room</p>
<p><b>11:00am– 12:00pm</b> Chair Yoga CWPA poolside</p>	<p><b>11:15am –12:15pm</b> Ping Pong GCC Gathering Room <i>Advanced competition</i></p>	<p><b>3:30 – 4:30pm</b> Line Dancing GCC Gathering Room</p>	<p><b>10:30 –11:15am</b> Drums Alive SC Group Exercise Room <i>Registration required; contact Josh X2142</i></p>	<p><b>3:30 – 4:30pm</b> Corn Hole Behind Grandview Commons</p>
<p><b>1:00 – 2:00pm</b> Strength &amp; Balance SC Group Exercise Room</p>	<p><b>1:15 – 2:00pm</b> Total Body Toning SC Group Exercise Room</p>	<p><b>7:00 – 9:00pm</b> Tennis Grandview Commons <i>Under The Lights</i></p>	<p><b>11:15am –12:15pm</b> Ping Pong GCC Gathering Room <i>Open to all levels of play</i></p>	<p><b>SATURDAY</b> <b>9:00 – 11:00am</b> Tennis Grandview Commons</p>
<p><b>3:30 – 4:30pm</b> Line Dancing GCC Gathering Room</p>	<p><b>Personal Training Sessions</b> 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><b>11:45am – 12:45pm</b> <b>1:00 – 2:00pm</b> Tai Chi CWPA <i>Fee to participate; contact Gwynne x2441</i></p>	<p><b>FITNESS ROOMS</b> 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><b>Steps to take to prevent falls</b></p> <p><b>**Stay physically active.</b> Regular exercise improves your muscles and makes you stronger.</p> <p><b>**Choose the correct footwear.</b> Wear nonskid, rubber-soled, low-heeled shoes.</p> <p><b>**Make sure your workout has a variety of exercises</b> to improve your strength and balance.</p> <p><b>**Have your eyes and hearing tested.</b> Even a small change in sight and hearing is linked to increased fall risks.</p> <p><b>**Fall-proof your home.</b> Make changes that will help you avoid falls.</p> <p><b>**Find out the side effects</b> of any medicines you take.</p> <p><b>**Get enough sleep.</b> If you are tired, you are more likely to fall.</p> <p><b>**Avoid or limit alcohol.</b> Too much alcohol can lead to balance problems and falls.</p>			<p><b>2:15 –3:00pm</b> Drums Alive SC Group Exercise Room <i>Registration required; contact Josh X2142</i></p>	<p><b>Contact Information</b></p> <ul style="list-style-type: none"> <li>• Corn Hole: Steve 570-313-4431</li> <li>• Line Dancing: Bunny 610-960-4154</li> <li>• Pickleball: Lesley 484-722-8436</li> <li>• Ping Pong: Chris 484-340-0395</li> <li>• Tennis: Andy 610-563-1654</li> </ul>
			<p><b>**Watch 965 for updates</b></p> <p>9/20/24</p> <p>www.nia.nih.gov</p>	

# October 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 & lightning: pools will close for a minimum of 30 minutes.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Pool &amp; Lap Swim</b>	<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 1:00pm-6:00pm  <u>GCCP:</u> No Lap swimming due to class running	<u>SCAC:</u> 7:30am-12:00pm 12:30pm-6:00pm  <u>GCCP:</u> 7:30am-9:30am	<u>SCAC:</u> 7:30am-12:00pm 1:00pm-6:00pm  <u>GCCP:</u> 1:15pm-2:15pm	<u>SCAC:</u> 7:30am-12:00pm 12:30pm-3:00pm  <u>GCCP:</u> 7:30am-9:30am	<u>SCAC:</u> 7:30am-12:00pm  <u>GCCP:</u> 9:00am-11:00am	<u>SCAC:</u> Closed  <u>GCCP:</u> Closed
<b>Spa</b>	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Closed
<b>Water Fitness Classes</b>	<u>SCAC:</u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am  <u>GCCP:</u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am	<u>SCAC:</u> <b>Aqua Spin</b> 8:00am-8:45am Pre- registration required <b>Deep Water</b> 9:15-10:00am <b>Aqua Spin</b> 2:30- 3:15pm Pre-registration required  <u>GCCP:</u> <b>Ai Chi</b> (water Tai Chi) 1:15-2:00pm	<u>SCAC:</u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am <b>Ai Chi</b> (water Tai Chi) 2:15pm-2:45pm <b>Aqua Spin- Staff</b> 3:30pm-4:15pm 4:30-5:15 Pre-registration required  <u>GCCP:</u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am	<u>SCAC:</u> <b>Aqua Spin</b> 8:00-8:45am Pre-registration required <b>Deep Water</b> 9:15-10:00am  <u>GCCP:</u> None	<u>SCAC:</u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am  <u>GCCP:</u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am	<u>SCAC:</u> <b>Deep Water</b> 9:15-10:00am  <u>GCCP:</u> None	<u>SCAC:</u> None  <u>GCCP:</u> None
<b>Volley Ball</b>	None	<u>GCCP:</u> Resident <b>2:30-3:30pm</b>	None	<u>GCCP:</u> Resident <b>2:30-3:30pm</b>	None	None	None Updated 9/17/2024
<b>SCAC Lessons &amp; SAW</b>	None	<b>3:45pm-5:50pm</b>	None	<b>10:30am 11:30am</b> <b>1:00pm- 3:00pm</b> <b>3:45pm-5:50pm</b>	None	<b>8:00am- 10:50am</b>	None

# StoneCroft Aquatics Center Schedule October 2024



Check for updates at the following sources: Phone Hotline 610-273-4050, [telhai.org/pool](http://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.*

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Hours Open</b>	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
<b>Open/ Lap Swim</b>	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
<b>Spa</b>	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
<b>Water Fitness Classes 3 lanes</b>	<b>Aqua Aerobics</b> 9:30am-10:30am <b>Arthritis</b> 10:30am-11:30am	<b>Aqua Spin</b> 8:00am-8:45am Pre- registration required <b>Deep Water</b> 9:15am-10:00am <b>Aqua Spin</b> 2:30pm – 3:15pm Pre-registration required	<b>Aqua Aerobics</b> 9:30am-10:30am <b>Arthritis</b> 10:30am-11:30am <b>Ai Chi</b> <b>(Water Tai Chi)</b> 2:15pm-2:45pm <b>Staff Aqua Spin</b> 3:30pm-4:15pm 4:30pm-5:15pm Pre-registration required	<b>Aqua Spin</b> 8:00am-8:45am Pre-registration required <b>Deep Water</b> 9:15am-10:00am	<b>Aqua Aerobics</b> 9:30am-10:30am <b>Arthritis</b> 10:30am-11:30am	<b>Deep Water</b> 9:15am-10:00am	Closed
<b>SCAC Lessons &amp; SAW</b>	None	3:45pm-5:50pm	None	10:30am 11:30am 1:00pm- 3:00pm 3:45pm-5:50pm	None	8:00-10:50am	Closed
<b>Swim Team</b>	None	None	None	None	None	None	Closed Updated 9/17/2024

# 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](http://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.