

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

11:00 AM – Choir: A/C (not Dec. 18, 25)

1:00 PM – Mahjong – all are welcome: Conservatory

1:30 PM – Practicing Painters (bring your supplies and enjoy the company of others): AOE

EVERY THURSDAY

10:00 AM – Community Bible Study: GVC (not 12/26)

10:00 AM – Bible Discussion Group: THSR (not 12/26)

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: A/C

10:30 AM – Chapel Service: A/C

MONDAY, DECEMBER 2

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

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

Open Enrollment Medicare Counseling: SPDR

Appointment Only – see RBC for sign-up sheet.

TUESDAY, DECEMBER 3

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

Matches: HCSR

WEDNESDAY, DECEMBER 4

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

4:30 PM – Christmas Tree Lighting between Brownstone and the bonfire – dress warm

7:00 PM Dan MacDonald Bible Study “Mark”: A/C and 968

THURSDAY, DECEMBER 5

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, December 6

1:30 PM – Ice Cream Social: Daily Brew

SATURDAY, DECEMBER 7

11 AM – 2 PM – Train Room open

SUNDAY, DECEMBER 8

3:15 PM depart from SC and 3:30 PM depart from GCC for The Many Moods of Christmas trip at Calvary Lutheran Church (prior registrations required).

TUESDAY, DECEMBER 10

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

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

WEDNESDAY, DECEMBER 11

1:00 PM – Tech Time with Tim: MP

7:00 PM - Dan MacDonald Bible Study “Mark”: A/C Dockside and 968

THURSDAY, DECEMBER 12

2:00 PM – Afternoon of Song: A/C

3:15 PM – Tea and Cookies: LV Drawing Room

FRIDAY, DECEMBER 13

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

SATURDAY, DECEMBER 14

11:00 AM – 2:00 PM – Train Room open

SUNDAY, DECEMBER 15

2:45 PM – Arrival of Windsor Baptist Church for Christmas Caroling and donuts: GCC

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

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

MONDAY, DECEMBER 16

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

7:00 PM – Book Club: Conservatory

TUESDAY, DECEMBER 17

9:00 AM – Partners Holiday Billiards Tournament: GCC

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

WEDNESDAY, DECEMBER 18

10:30 AM – Christmas Choral Program – A/C

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

7:00 PM – Christmas Choral Program – A/C **

THURSDAY, DECEMBER 19

8:45 AM – check in with Judy and depart for American Music Theater/Hershey trip: GVC

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

Guest Speaker: Steve Wilson/Christmas

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, DECEMBER 20

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

MONDAY, DECEMBER 23

7:00 PM – Christmas Candlelight Service – A/ C**

TUESDAY, DECEMBER 24

10:30 AM – Christmas Candlelight Service – A/ C

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

FRIDAY, DECEMBER 27

11:15 AM – check in with Judy and depart for Hershey Farms/American Music Theater: GVC

SATURDAY, DECEMBER 28

11:00 AM – 2:00 PM – Train Room open

MONDAY, DECEMBER 30

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

TUESDAY, DECEMBER 31

7:00 PM – New Year’s Eve parties – GCC and CWPA

GENERAL ANNOUNCEMENTS & CAMPUS SPECIAL EVENTS

Disclosure Statement

There is a copy of the Disclosure Statement in the Book Nook and the GCC Library. It is also located on the Community App for residents.

New Year’s Eve Parties

We are planning two parties for New Year’s eve – one in the CWPA at StoneCroft and one at the Garrett Community Center. We will set up round tables at the CWPA, and residents may claim and decorate a table about mid-day on Dec. 31. As in the past, each table will bring their own snacks. The DJ’s for the evening will be Caroline and Devin Cooley. At Hillcrest, residents will bring a snack to share, and there will be group games offered. Both parties begin at 7:00 PM. Judy is working out details for a possible guitarist/vocalist for Garrett entertainment.

Tea and Cookies

Lakeview will be hosting tea and cookies in the Lakeview Drawing Room on December 12 following the Afternoon of Song.

Hillcrest 3rd Floor Friendship Room

The 3rd floor Friendship room located near the large elevator in Hillcrest can be reserved through Amy Stanton at ext. 2005 or astanton@telhai.org. This will prevent any overbooking of the room.

Shuttle Reminder

Shuttle reminder: Volunteers use the USPS schedule to determine holidays. The shuttle will NOT run on Christmas day, Dec. 25.

Vaccine Clinic

Stauffer’s Pharmacy will have their next vaccine clinic on Wednesday 1/22/25 at the StoneCroft Health Suite. Sign up for an appointment time in the Resident Business Centers.

Volunteer Engagement Committee

The Volunteer Engagement Committee wants to give a big Thank you to all the residents who donated food items for the recent food drive. A total amount of approximately 513 items were collected to benefit the Honey Brook Food Pantry. Once again, we are so grateful for the generous contributions from our residents. The food bank always appreciates our commitment to them in helping the community they serve. Over 400 items were collected and delivered to the Coatesville VA Medical Center. They wrote to thank us and to extend their appreciation for the donations of food, kitchen items, utensils, towels and can openers for our local Veterans in transitional housing programs. They cannot wait to work with us again next year!

Practicing Painter Group

Come join us to practice your desire to be creative; be it with paints, graphite (pencil), pens, markers, any creative process. Come join the group - it is relaxing, inspiring and there is no charge. There will be help available from Loretta Gable Englerth, attending the group and is willing to help and advise with any questions. There may be an impromptu demo. Also, feel free to stop by and check the group out. The door is always open. We love to chat, it is not just stuffy art, it is lots of fun.

Train Room News

The Train Room would like to thank all those Residents who attended our Open House on November 7th to see our improvements. We will be open with our Holiday scenes on Nov. 30, Dec. 7, 14, & 30 from 11:00 AM till 2:00 PM so bring your family (Grandchildren), and friends. We will also be open to the Public at those times.

Book Club

The Book Club at StoneCroft will be meeting Monday, Dec. 16, at 7:00 PM, in the Conservatory in Brownstone. Choose a biography of a person you've wanted to know more about. For information, please contact Sandy Koenig at ext. 4794.

What's New

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

Billiards

- **Partners Holiday Billiards Tournament**
Men and women paired randomly
Garrett Rec Room- no need to register
Tuesday, Dec. 17 - 9:00 AM
- **Men's Walk-in Billiards**, Tuesdays and Fridays
10:00 AM-12:00 PM : Garrett Rec Room and
Thursdays, 10:00 AM – 12:00 PM, Corner
Pocket – contact Bob LaDrew,
bonkersboy@gmail.com, 484-722-8395
- **Women's Walk-in Billiards**, Saturdays, 1:30-
3:30 PM in the Garrett Rec Room
contact Barbara Dooley, (610) 273-4756
btdooley215@gmail.com

WEL (Widows Enjoying Lunch)

Tuesday, Dec. 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.

ART TASK FORCE DISPLAYS

Stone Croft Display Case: Grandchildren's craft items. We will be displaying craft items from our resident's grandchildren. ONE item per household can be displayed as room allows. Contact Erika x2010 if you would like to participate in this display.

Garrett Display Case: Steve Wilson's collection of playing cards

Clark Gallery: Gladys Zeiset

Special Events Committee

Coming in December:

Afternoon Tea in the Book Nook. Dates to be announced. Reservations will be required.

The birthday of Robert Burns, the beloved Scottish poet, is celebrated annually worldwide, with much pomp and circumstance. Enjoy the traditional Burns dinner followed with songs and stories by Charlie Zahm. Reservations will be required.

Wednesday Jan. 29, 5:00 PM CWPA

The Lunch Club

Are you looking for quality care for your loved one or could benefit from a break in caregiver responsibilities? Our Lunch Club might be what you've been looking for! The Residential Living Home Care Team is offering dates in December and January. For more information contact the Home Care Extension at 2220.

WORSHIP

Holiday Services:

The whole community is invited to celebrate the holidays with us. A variety of Worship events are planned including: **A Christmas Carol Concert** with our Tel Hai Choir on **Wednesday, Dec. 18 at 10:30 AM and 7:00 PM in the A/C**, and our **Christmas Eve Candlelight Services on Monday, Dec. 23 at 7 PM in the A/C and Tuesday, Dec. 24 at 10:30 AM in the Chapel. Shuttle will be available.**

Tree Lighting:

Join us for some hot cocoa, cookies, and caroling as we light the tree outside of Stonecroft by the bonfire between Greystone and Brownstone on **Wednesday, Dec. 4 beginning at 4:30 PM.**

HEALTH & WELLNESS

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.

Tai Chi

Curious about Tai Chi? Want to try it? **SAVE THE DATE** for a *free* session, open to all: Thursday, Jan.

2, 2025, either 11:45 AM-12:45 PM or 1:00-2:00 PM. No registration required. Tai Chi is great for balance, is fun and everyone can do. It involves a series of slow gentle movements and postures, a meditative state of mind, and controlled breathing. In addition to balance, benefits include muscle strength, flexibility, fall prevention and stress reduction.

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.

Massages at StoneCroft Health Suite Massages in StoneCroft Health Suite for Dec.: Mondays the 2, 9, 16, 23 and 30 from 11:00 AM – 4:00 PM. Friday the 13 from 11:00 AM – 4:00 PM. Please contact Shelly Hansen at shellyinlight@verizon.net or 610- 466-7733 to schedule an appointment.

Life Enrichment Lectures**

Monday, January 6, 2025, 2:15 PM, CWPA – Hike the Hills

Join Dave Shenk, President & CEO, and Karen Horning, VP Resident Services, as they share stories from their hikes and how hiking is not merely a recreational pursuit as we get older. Lace up your hiking boots! We are headed to Wyoming, Grand Canyon, Ireland, Canadian Rockies, Montana, New England, and more to enjoy the views and hear the incredible health benefits of hiking.

Monday, January 13, 2025, 2:15 PM, CWPA– New Zealand & Moorea

Join Scott and Tracy Burkholder as they share captivating photos and delightful stories from their 30th wedding anniversary trip to New Zealand and the French Polynesian island of Moorea, taken in February 2024. This journey fulfilled their long-held dream of exploring New Zealand, and along the way, they encountered many exciting "firsts." They can't wait to share these unforgettable

experiences with you. Don't miss this chance to travel vicariously through their adventures!

Monday, January 20, 2:15 PM, CWPA – Get To Know You

Join us as team members and members of the Life Enrichment Committee introduce residents that have moved in recently. Refreshments will follow the introductions for a time of conversation around the tables.

Monday, January 27, 2:15 PM, CWPA – Meet Sara, Caroline & Suzanne

So, you may think you know Nurse, Sara Snyder, Social Workers, Caroline Cooley and Suzanne Hafer, but do you really? Well, come and find out as they share bits and pieces of their lives outside of Tel Hai.

TRIPS

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

January 30, 2025 – Lancaster County Career Technology Center - This is a Taste Buds trip as the students from the culinary school will be preparing and serving. We will travel in the comfort of an Elite Coach. Brochures are available in both RBCs.

April 6-13, 2025 – Charleston/Savannah trip motor coach trip

Brochures were sent out via email. Through Amazing Travel Treasure, which is also Warther Tours, we are registering trips on line. If you are interested in going on this trip, please don't delay and get signed up. Do not wait until the Feb. registration deadline. We are halfway to the number needed to make this trip a go. If you do not want to register on line, please call the number on the flyer (located in both RBCs), and they will register you. If Amazing Travel Treasures decides that we are not able to go, due to the lack of numbers, you will receive all prior deposits/insurance payments. You may call or email Judy as well at 610-273-9333, ext. 2154 or jschweitzer@telhai.org.

The Trip Committee is currently working on 2025 trips

We appreciate the trip committee, and the committee realizes there are trips to be planned, so you will see more opportunities coming up over time. Thanks for traveling with us.

FALL CONCERT SERIES**

Friday, December 6, Lukens Band – Cancelled but will be rescheduled.

Thursday, December 12, Lanchester Chorus – Christmastime - Cancelled but will be rescheduled.

Wednesday, December 18, 10:30 AM and 7:00 PM – A/C – Christmas Concert by residents and planned by the Chaplaincy

Friday, December 20, – Brandywine String Quartet - Cancelled but will be rescheduled.

Friday, January 10, 7:30 PM, CWPA – Galena Brass – Founded in 1995 in Bucks County PA, the Galena Brass epitomizes versatility. Concerts, holiday parties, community days, parades, and ceremonial functions are just some of the venues you will see by the Galena Brass. Dixieland, Rock, Polka, and Patriotic are a few of the many styles you will hear in one of our shows. Our performances are always engaging and energetic

Sunday, January 26, 3:00 PM, CWPA – Annual Concert Master Performance - Music by Fritz Kreisler and Max Bruch. Violinist, David Kim, was named Concertmaster of The Philadelphia Orchestra in 1999. He began studies with the famed pedagogue Dorothy DeLay at the age of eight, and later received his bachelor's and master's degrees from The Juilliard School. In addition to performances around the world each season, Mr. Kim serves as Distinguished Artist at the Robert McDuffie Center for Strings at Mercer University in Macon, Georgia. **Please note the 3:00 performance time.**

MOVIES

Movies are cancelled for December.

FOR YOUR INFORMATION

**Denotes volunteer shuttle is available for this event

- A complete calendar of events is located on the Community App! Check it out on your smartphone, tablet, or computer!
- Tune to **Channel 965** for the daily information slides.
- Tune to **Channel 968** for live streaming of Sunday chapel services. All other programs will be only in-person unless otherwise noted.
- At the time of publication, this edition of ***What's New?*** is as accurate as possible. Any corrections required, will be shown on Channel 965.

ABBREVIATIONS KEY

Garrett CC, Lakeview and Healthcare Center

A/C – Auditorium/Chapel
AZSQ – Azalea Square Dining Room
DB – Daily Brew
FR – Friendship Room (3rd fl. Hillcrest)
FTR – Fitness Room
GCC – Garrett Community Center
GR – Gathering Room
HCR(2) – Hillcrest Conference Room (2nd floor)
HCSR – Hillcrest Social Room (4th floor)
HZ – Hertzler
LV – Lakeview
LVHS – Lakeview Health Suite
MP – Mantel Pointe (fireplace in GCC)
MDR – Magnolia Dining Room
RBC – Resident Business Center
TH – Tel Haven
THSR – Tel Haven Social Room

StoneCroft (SC) – Ground Floor

SCHS – StoneCroft Health Suite & Therapy area
SCAC – StoneCroft Aquatics Center & Pool
SCWFR – StoneCroft Watson Fitness Room
SCGER – StoneCroft Group Exercise Room

StoneCroft (SC) – 1st Floor

AOE – Art of Everything Room
CP – Corner Pocket
FCC – Fireside Ceramics Center (includes pottery)
SPDR – Scalies Private Dining Room
BN – The Book Nook
CWPA – Center for Worship & Performing Arts
SC Dining Area – SC Grille (informal)
SC Outdoor Patio – The Terrace
RBC – Resident Business Center

Brownstone

Train Room – 1st Floor
Theater – 2nd Floor
Textile Arts Room – 3rd Floor
Conservatory – 4th floor

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

December 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.

Christmas Eve: SCAC will close at 12pm and GCCP is closed. New Year's Eve SCAC will close at 12pm.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pool & Lap Swim	<p>SCAC: 7:30am-12:00pm 12:30pm- 3:00pm</p> <p>GCCP: 7:30am-9:30am</p>	<p>SCAC: 7:30am-12:00pm 1:00pm-6:00pm</p> <p>GCCP: No Lap swimming due to class running</p>	<p>SCAC: 7:30am-12:00pm 12:30pm-6:00pm</p> <p>GCCP: 7:30am-9:30am</p>	<p>SCAC: 7:30am-12:00pm 1:00pm-6:00pm</p> <p>GCCP: 1:15pm-2:15pm</p>	<p>SCAC: 7:30am-12:00pm 12:30pm-3:00pm</p> <p>GCCP: 7:30am-9:30am</p>	<p>SCAC: 7:30am-12:00pm</p> <p>GCCP: 9:00am-11:00am</p>	<p>SCAC: Closed</p> <p>GCCP: Closed</p>
Spa	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Closed
Water Fitness Classes	<p>SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p> <p>GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p>SCAC: Aqua Spin 8:00am-8:45am Pre- registration required Deep Water 9:15-10:00am Aqua Spin 2:30- 3:15pm Pre-registration required</p> <p>GCCP: Ai Chi (water Tai Chi) 1:15-1:45pm No class 12/24</p>	<p>SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am Ai Chi (water Tai Chi) 2:15pm-2:45pm Aqua Spin- Staff 3:30pm-4:15pm 4:30-5:15 Pre-registration required</p> <p>GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p>SCAC: Aqua Spin 8:00-8:45am Pre-registration required Deep Water 9:15-10:00am</p> <p>GCCP: None</p>	<p>SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p> <p>GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p>SCAC: Deep Water 9:15-10:00am</p> <p>GCCP: None</p>	<p>SCAC: None</p> <p>GCCP: None</p>
Volley Ball	None	GCCP: Resident 2:30-3:30pm No play 12/24 & 12/31	None	GCCP: Resident 2:30-3:30pm	None	None	None Updated 11/20/2024
Swim Team SCAC Lessons & Saw	Swim team 3:30pm-5:30pm	Lessons 3:45pm-5:50pm	Swim team 5:15pm-7:00pm	Lessons 10:30am 11:30am 1:00pm- 3:00pm 3:45pm-5:50pm	Swim Team 3:30pm-5:30pm	Lessons 8:00am- 10:50am	None

StoneCroft Aquatics Center Schedule

December 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.

SCAC will close at 12:00pm Christmas Eve and New Year's Eve and will be closed Christmas Day and New Year's Day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hours Open	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-6:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Open/ Lap Swim	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-6:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Spa	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-6:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Water Fitness Classes 3 lanes	Aqua Aerobics 9:30am-10:30am Arthritis 10:30am-11:30am	Aqua Spin 8:00am-8:45am Pre- registration required Deep Water 9:15am-10:00am Aqua Spin 2:30pm – 3:15pm Pre-registration required	Aqua Aerobics 9:30am-10:30am Arthritis 10:30am-11:30am Ai Chi (Water Tai Chi) 2:15pm-2:45pm Staff Aqua Spin 3:30pm-4:15pm 4:30pm-5:15pm Pre-registration required	Aqua Spin 8:00am-8:45am Pre-registration required Deep Water 9:15am-10:00am	Aqua Aerobics 9:30am-10:30am Arthritis 10:30am-11:30am	Deep Water 9:15am-10:00am	Closed
SCAC Lessons & SAW	None	3:45pm-5:50pm	None	10:30am 11:30am 1:00pm- 3:00pm 3:45pm-5:50pm	None	8:00-10:50am	Closed
Swim Team	3:30pm-5:30pm	None	5:15-7:00pm	None	3:30pm-5:30pm	None	Closed Updated 11/20/2024

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:

BSSH Swim Team home meets:
Friday, January 3, 2025
Friday, January 24, 2025
SCAC will close at 2:00pm to accommodate meets.

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.

December 2024 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00– 10:00am 10:30– 11:30am Gentle Flow Yoga SC Group Exercise Room <i>Fee to participate; contact Gwynne</i></p>	<p>10:30 –11:15am Tune Up Time GCC Gathering Room</p>	<p>10:00am – 12:00pm Pickleball Tel Hai Camp</p>	<p>10:30– 11:30am Chair Yoga CWPA <i>Location TBD; watch 965</i></p>	<p>10:00am – 12:00pm Pickleball Tel Hai Camp</p>
<p>10:00am – 12:00pm Pickleball Tel Hai Camp</p>	<p>11:00am Shuffleboard Tel Haven <i>Room closed this month</i></p>	<p>1:15 –2:00pm Resident Zumba SC Group Exercise Room <i>Only meeting 4th & 11th</i></p>	<p>10:30 –11:15am Tune Up Time GCC Gathering Room <i>No class 12/26</i></p>	<p>10:15 –11:15am Strengthen & Tone SC Group Exercise Room</p>
<p>11:00am– 12:00pm Chair Yoga <i>Location TBD; watch 965</i></p>	<p>11:15am –12:15pm Ping Pong GCC Gathering Room <i>Advanced competition No play 12/24</i></p>	<p>2:00 – 3:00pm Strength & Balance GCC Gathering Room <i>No class 12/25</i></p>	<p>10:30 –11:15am Drums Alive SC Group Exercise Room <i>Registration required; contact Josh X2142</i></p>	<p>2:00 – 3:00pm Beginner Line Dancing GCC Gathering Room <i>Only meeting 6th & 13th</i></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 <i>No class 12/24</i></p>	<p>3:30 – 4:30pm Line Dancing GCC Gathering Room <i>Only meeting 4th & 11th</i></p>	<p>11:15am –12:15pm Ping Pong GCC Gathering Room <i>Open to all levels of play No play 12/26</i></p>	<p>3:30 – 4:30pm Corn Hole Behind Grandview Commons</p>
<p>3:30 – 4:30pm Line Dancing GCC Gathering Room <i>Only meeting 2nd & 9th</i></p>	<p>Personal Training Sessions Fee based 1-on-1 training is available for those who want to improve their mobility, increase body awareness, and get back their freedom of movement. And for those seeking help and guidance with weight management through nutrition. Please consider contacting Josh X2142 or jbooker@telhai.org.</p>		<p>11:45am – 12:45pm 1:00 – 2:00pm Tai Chi <i>Location TBD, watch 965 Fee to participate; contact Gwynne x2441 Only meeting 12/12 & 12/19</i></p>	<p>FITNESS ROOMS Cardio and strength machines are available 24/7 to residents who have been cleared by their physician and have been oriented to the use of the rooms. Call Josh X2142 or Gwynne X2441 for information.</p>
<p>Tips to Avoid Holiday Stress & Weight Gain</p> <p><i>*Be realistic:</i> avoid all or nothing thinking. Embrace imperfection.</p> <p><i>*Keep seasonal foods in perspective:</i> monitor length of celebration (one day instead of the entire month). Portion control.</p> <p><i>*Focus on good relationships:</i> be gracious and show gratitude.</p> <p><i>*Adopt a ‘less is more’ attitude:</i> keep things simple and personal, set-gift giving priorities.</p> <p>Remember: it’s not what you do between Christmas and New Years but what you do between New Years and Christmas!</p> <p style="text-align: right;">From Attentive Health, LLC</p>			<p>2:15 –3:00pm Drums Alive SC Group Exercise Room <i>Registration required; contact Josh X2142</i></p>	<p>Contact Information</p> <ul style="list-style-type: none"> • Corn Hole: Steve 570-313-4431 • Line Dancing: Bunny 610-960-4154 • Pickleball: Lesley 484-722-8436 • Ping Pong: Chris 484-340-0395
			 <p>Watch 965 for updates</p> <p>11/21/24</p>	

Worship Schedule December 2024

Sunday, December 1

9:00 AM – Chapel: A/C or 968
10:30 AM – Chapel: A/C or 968
Message: Chaplain David Klingensmith
Piano: Becky Sensenig

Tuesday, December 3

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

Wednesday, December 4

11:00 AM - Choir A/C
7:00 PM – Dan MacDonald Bible Study on
“Mark” – A/C and 968

Thursday, December 5

10:00 AM - Community Bible Study –
Grandview Commons

Sunday, December 8

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

Tuesday, December 10

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

Wednesday, December 11

11:00 AM - Choir A/C
7:00 PM – Dan MacDonald Bible Study on
“Mark” – A/C and 968

Thursday, December 12

10:00 AM - Community Bible Study –
Grandview Commons

Sunday, December 15

9:00 AM – Chapel: A/C or 968
10:30 AM – Chapel: A/C or 968
Message: Chaplain David Hicks
Music: Virginia Patchel
7:00 PM – Hymn Sing THSR

Tuesday, December 17

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

Wednesday, December 18

10:30 AM – Christmas Choral Program – A/C
7:00 PM – Christmas Choral Program – A/C

Thursday, December 19

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

Sunday, December 22

9:00 AM – Chapel: A/C or 968
10:30 AM – Chapel: A/C or 968
Message: Pastor David Hicks
Music: Danton Arlotto

Monday, December 23

7:00 PM – Christmas Candlelight Service – A/C

Tuesday, December 24

10:30 AM – Christmas Candlelight Service –
A/ C

Sunday, December 29

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