

What's New

A newsletter for Residential Living



<u>IOIN US FOR THESE WEEKLY EVENTS:</u>

*Unless otherwise noted by activity coordinator

EVERY MONDAY

- 10:00 AM 12:00 PM Drop off donations and open for shopping at Resale Shop: HZ1:00 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: HCR (2)

EVERY WEDNESDAY

Trash pick-up day 7:30 – 9:30 AM – Breakfast available: Garden Café 11:00 AM – Choir: A/C (none Jan. 1) 1:00 PM – Mahjong – all are welcome: Conservatory 1:30 PM – Practicing Painters (bring your supplies and enjoy the company of others): AOE

EVERY THURSDAY

10:00 AM – Community Bible Study: GVC 10:00 AM – Bible Discussion Group: THSR 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

<u>THURSDAY, JANUARY 2</u>

- 10:30 AM Veterans Coffee Hour: MR
- 11:30 AM 12:30 PM Ask A Nurse: THSR
- 11:45 12:45 PM Free Tai Chi: CWPA dockside
- 1:00 2:00 PM Free Tai Chi: CWPA dockside
- 2:00 4:00 PM Nimble Fingers bring your knitting, crocheting, or other needle art projects while enjoying conversation: Conservatory

FRIDAY, JANUARY 3

1:30 PM – Ice Cream Social: Daily Brew

MONDAY, JANUARY 6

- 8:00 AM Tai Chi Registration
- 8:00 AM Shuttle to LabCorps sign up needed
- 12:00 PM Lunch with a Chaplain Stone Hearth Grille
- 2:15 PM Life Enrichment Committee (LEC) presents "Hike the Hills" by Dave Shenk & Karen Horning: A/C

TUESDAY, JANUARY 7

12:00 PM - Lunch with a Chaplain – Garden Cafe

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

WEDNESDAY, JANUARY 8

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

FRIDAY, JANUARY 10

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

MONDAY, JANUARY 13

9:00 AM - Resident Council: CWPA Dockside (closed meeting)

- 1:00 PM Shady Maple Shuttle sign up needed
- 2:15 PM LEC presents "New Zealand & Moorea" by Scott & Tracy Burkholder: A/C

TUESDAY, JANUARY 14

12:00 PM – WEL (Widows Enjoying Lunch): MDR 2:00 PM - Afternoon of Song: Garrett A/C

WEDNESDAY, JANUARY 15

►_Submissions for the February "What's New?" are due. Submit to <u>whatsnew@telhai.org</u>

THURSDAY, JANUARY 16

10:30 AM – Veteran's Brunch: Azalea Square Guest Speaker: Sara Marlow: Asst. Director at Washington Crossing at the Delaware

2:00 PM - Catholic Mass: A/C

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

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

FRIDAY, JANUARY 17

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

SATURDAY, JANUARY 18

12:00 PM - departure from Garrett & 12:15 departure

from SC for Lancaster Symphony Orchestra (members only)

SUNDAY, JANUARY 19

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

MONDAY, JANUARY 20

2:15 PM – LEC presents Get To Know You: A/C 7:00 PM – Book Club: Conservatory

TUESDAY, JANUARY 21

1:00 – 3:00 PM – Beginners/Intermediate Chess Matches: HCSR2:00 – 3:00 PM Women's Bible Study: GR

WEDNESDAY, JANUARY 22

12:15 & 1:00 PM - Shuttle to Walmart-sign up
Stauffer's Vaccine Clinic: SCHS - Sign up for an appointment time in the Resident Business Centers.
1:00 PM - Tech Time with Tim: MP

THURSDAY, JANUARY 23

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

FRIDAY, JANUARY 24

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

Sunday, January 26

3:00 PM – David Kim (violin) & Jeffrey Uhlig (piano): CWPA (watch for updates on condition of CWPA)

Monday, January 27

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

2:15 PM – LEC presents, "Meet Sara, Caroline & Suzanne": CWPA or A/C depending on condition of CWPA

TUESDAY, JANUARY 28

1:00 – 2:30 PM – Talk with Scott Miller: GCC MP 2 – 3 PM Women's Bible Study: GR

WEDNESDAY, JANUARY 29

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

THURSDAY, JANUARY 30

9:45 AM – depart for Lancaster County Career & Tech Center for lunch: Grandview Commons

- 1:00 3:00 PM Meet the Artist
- 7:00 PM Dan MacDonald Bible Study on Mark: CWPA Dockside

FRIDAY, JANUARY 31

10:00 AM - GriefShare - New Session - SPDR

GENERAL ANNOUNCEMENTS & CAMPUS SPECIAL EVENTS

New Year's Eve Party Updates

We are having a New Year's eve party at the Garrett Community Center. Residents will bring a snack to share. Joyce Martin, guitarist/vocalist will lead us in some sing-a-long numbers interspersed with group games. Party begin at 7:00 PM.

Garrett Library

The following new books were purchased for the Garrett Library with funds from our Used Book Sale:

The Wind Knows My Name - Isabel Allende Horse - Geraldine Brooks Year of Wonder - Geraldine Brooks The Art Thief - Michael Finkel The Frozen River - Ariel Lawhon The God of the Woods - Liz Moore We Solve Murders - Richard Osman Lies He Told Me - James Patterson Murder Island - James Patterson The Grey Wolf - Louise Penny Wish You Were Here - Jodi Picoult The Drowned Girls - Loreth White The Lullaby Girl - Loreth White The Girl in the Moss - Loreth White

SCAC Swim Meets

BSHS will be hosting two home swim meets. Friday, January 3 and Friday, January 31 beginning approximately at 3:15pm Please come and cheer them on!

Afternoon of Song

We are so happy to be singing with you in the Garrett Chapel, our new home. Our song repertoire includes pop songs, folk songs, hymns and spirituals, and Broadway. We offer solos, duets, trios and quartets and the best participants are our audience with piano or ukelele. If you want to be part of our Core Program Group call 484-340-0395. If you want a shuttle car ride on January 14 for the next 2:00 PM program, call the above number or Erika Snyder.

LOVE OFFERING FOR THE HOMELESS - 2024

As in the past the Tel Hai Volunteer Engagement Committee has partnered with an organization that distributes household necessities to newly placed homeless families as well as veterans. When we first started this endeavor more than 5 years ago, on any given day there were as many as 500 individuals who were homeless in Chester County, the most affluent county in the state. Due to organizations such as Human Services Inc., Bridge of Hope, Family Promises, etc. that number has been reduced to around 200 individuals. Yet even so, there is still a great need for our help. This year we are partnering with Community Warehouse Project and we are asking you, our generous caring residents to donate the following NEW items. In doing so, it allows a newly placed family to prepare a meal, make their beds, and take a shower. Items may be placed on the tables in both StoneCroft and GCC lobbies from February 5th to February 13th. Suggested items to donate: sheets, towels, plates, silverware, pots/pans, cleaning supplies, laundry detergent and mops/brooms.

Questions may be referred to Betsy Kearney on 474-796-4391 Thank you!!!

Fiber Arts Club

If you like doing sewing projects and

learning new techniques, come see what the Fiber Arts Club does. Join us to make a planned project, equipment is supplied. We make items to sell so we have money to purchase batting, thread, needles, oil and upkeep of our machines that produce quilts for shelter distribution. Present members please note the times and come to sew in the new year. Happy sewing together!

<u>Thank You</u>

The Volunteer Engagement Committee would like to thank everyone for the generous donations that were brought to the Honey Brook Food Pantry in December. There were a total of 195 hats, gloves and scarves donated by the residents of Tel Hai.

Book Club

The Book Club at StoneCroft will be meeting Monday, Jan. 20, at 7:00 PM, in the Conservatory in Brownstone. Book for this month is <u>The Edge of</u> <u>Summer</u> by Viola Shipman. For information, please contact Sandy Koenig at ext. 4794.

<u>Billiards</u>

- <u>ML King Day Men's 8-ball Tournament</u> January 6 - 17
- 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, 484-722-8395
- <u>Women's Walk-in Billiards</u>, Saturdays, 1:30-3:30 PM in the Garrett Rec Room contact Barbara Dooley, (610) 273-4756 <u>btdooley215@gmail.com</u>

WEL (Widows Enjoying Lunch)

Tuesday, Jan. 14 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.

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

Clark Gallery: Gladys Zeiset **Meet the Artist** is Thursday January 30th from 1:00 – 3:00 PM

What's New

The LAST DAY to submit articles for the February "What's New?" is Wednesday, January 15. Email your article to <u>whatsnew@telhai.org</u>.

WORSHIP

For the month of January, the 9:00 and 10:30 AM Sunday services will both be held in the **Chapel** until the repairs in Stonecroft are completed. A shuttle from Stonecroft is available at 8:45 AM and returning from the Chapel after the 9:00 AM service. For more information, please contact Chaplain Hicks at x-2443.

New Grief Share Group

If you have recently experienced a loss we invite you to join our new session of Grief Share beginning on **Friday, Jan. 31** at 10:00 AM in the Scalies Private Dining Room (SPDR) in Stonecroft. This group runs for 13 weeks and offers expert advice via video as well as discussion with our Chaplain and a workbook for personal reflection. For more information contact Chaplain Hicks at x-2443.

NEW: Join the Chaplain's for Lunch

The Pastoral Care team wants to invite you to lunch for a time of casual discussion and friendship building. No reservation required. Just show up and order whatever you'd like with your dining dollars. The monthly schedule is as follows: **First Monday of the month** in the Stone Hearth Grille (Stonecroft Commons) at noon **and First Tuesday of the month** in the Garden Café (Garrett Community Center) at noon. We look forward to getting to know you better.

Women's Bible Study

Begins Tuesday, Jan. 21 from 2:00 – 3:00 PM in the GCC Gathering Room. In our uncertain world people are searching for answers to many of life's difficult questions and looking for purpose and hope in their lives. The answers can be found in God's Word, but many of us are unable to readily articulate convincingly our beliefs and point others to passages of Scripture to confirm what we know to be truth. Together we will search the Scriptures and arm ourselves with the answers that God has made available to us so we can confidently say to people seeking answers to life's problems "I'm Glad You asked".

HEALTH & WELLNESS

<u>Tai Chi</u>

The next session of Tai Chi will begin on January 9, 2025 and run continuously until February 27. All classes will be held in CWPA. This 8-week session will be \$35 and will be billed directly to your Tel Hai account. All classes will be held on Thursday with two-time options. Registration begins Monday, January 6, 8:00 AM. Registration must be made with Gwynne and will be determined by the time of receipt. Please communicate class preference (11:45am-12:45pm or 1:00-2:00pm) when registering. Email is preferred: gjohnson@telhai.org or by phone at extension 2441.

Tai Chi free session

Curious about Tai Chi? Want to try it? 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.

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.

<u> Dr. Lori Wilde – Podiatry</u>

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

<u> Amanda Rock – Financial Planner</u>

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 Jan.: Mondays the 6, 13, 20 and 27 from 11:00 AM – 4:00 PM. Friday the 10 from 11:00 AM – 4:00 PM. Please contact Shelly Hansen at shellyinlight@verizon.net or 610- 466-7733 to schedule an appointment.

<u>Life Enrichment Lectures**</u> <u>Monday, January 6, 2025, 2:15 PM,</u> <u>Auditorium/Chapel- *Hike the Hills*</u>

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.

<u>Monday, January 13, 2025, 2:15 PM .</u> Auditorium/Chapel- *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 longheld 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!

<u>Monday, January 20, 2:15 PM,</u> <u>Auditorium/Chapel – Get To Know You</u>

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.

<u>Monday, January 27, 2:15 PM, CWPA or</u> <u>Auditorium/Chapel – Meet Sarah, Caroline &</u> <u>Suzanne</u>

So, you may think you know Nurse, Sarah 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.

Monday, February 3, 2:15 PM, CWPA, "The Story Behind the Story" by Lois Caldwell

Join Downingtown resident Lois Caldwell as she takes you behind the scenes of her new biblical novel, <u>James of Jerusalem</u>, about the writer of his epistle. Lois will share the journey of creating a fictional story that is true to the Bible – her impetus for writing, the extensive research required, and her fascinating discoveries. Her presentation will give insight into the situation and character of this pivotal early Christian leader, who has impacted a host of lives but about whom very little was written. There will be an opportunity to purchase her book at a special price and have it signed by the author herself!

Monday, February 10, 2:15 PM, CWPA, French & Pickering Creeks Conservation Trust: "Forging our Future" by Bill Gladden, *Executive Director*

The evolution of Warwick Furnace from an industrial powerhouse and critical part of our national heritage to a destination visitation spot for historians as well as naturalists throughout the region is a fascinating story that will be shared by Bill Gladden, Executive Director of French & Pickering Creeks Conservation Trust. A nonprofit conservation organization founded by Sam & Eleanor Morris in 1967, French & Pickering's donors and members provide the resources that fund operations including visitation to the historic Warwick Furnace, a permanent display of one of the revolutionary war cannon that was built (and buried) on the preserve, as well as miles of trails ranging from fairly flat by the furnace and cannon to more challenging areas to explore along the creek, hillside, fields and forests. The synergy between the industrial past and modern site management will be shared with the audience as well as video footage of the unearthing of the first

(of four) cannon that has been recovered from the site.

Monday, February 24, 2:15 PM, CWPA, "The Lives, Legends and Legacy of the Three Christophers Sauer - Colonial Germantown Printers" by Dave Willauer

From 1738 until 1778, the Germantown printing press of Christopher Sauer produced hundreds of publications that significantly impacted Pennsylvania as well as the other colonies leading up to the Revolutionary War. Dave Willauer will share items printed on the Sauer press as well as other examples of colonial printing from his personal collection as he relates the story of this family of German immigrant printers whose ingenuity and courageous beliefs left a lasting mark in our region. Christopher Sauer was self-taught and mastered no fewer than 26 trades. His influence through the printed word was held in both high regard and with vehement disdain. Dave's presentation will include numerous connections to Montgomery and Chester Counties as well as some of the familiar personalities with whom the Sauers crossed paths.

<u>TRIPS</u>

April 9-16, 2026 Historic Mississippi River

<u>**Cruise</u>** - The trip brochures are posted in both RBCs.</u>

January 30, 2025 – Lancaster County Career & <u>Technology Center</u> - 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.

February 11, 2025 - Taste Buds Trip TBA

<u>March 1 – Hunterdon Hills –</u> Brochures are posted in both RBC's.

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

Brochures were sent out via email, and hard copies are available in both RBCs. Through Amazing Travel Treasure, which is also Warther Tours, we are registering trips on line. If you click on the link it will take you to a page to set up an account and then the ability to register. There is a number on the brochure if you need help, or, call Judy for assistance at X2154.

<u> April 22, 2025 – Bird-in-Hand</u> <u>Restaurant/Theater</u>

Bird-in-Hand Theater presents, "The Rise & Fall of Miss Fannie's Biscuits." This trip also includes a meal at Bird-in-Hand. Brochures are not out yet.

May, 2025

Coming soon: brochures for a Taste Buds trip to Media Spasso, lunch with shopping, Ladies Night Out to Dutch Apple Dinner Theater & a special day trip with Elam Stoltzfus.

<u>June, 2025</u>

Coming soon: brochures for a one-day trip to Williamsport on Tuesday, June 3 and a 2-day, 1night trip on Thursday, June 26 & Friday, June 27 for a Whale Watching trip & more to Cape May.

CONCERT SERIES**

Sunday, January 26, 3:00 PM, CWPA – Annual Concert Master Performance

If construction/repair of the CWPA is not completed, we will need to postpone this concert – stayed tuned to channel 965 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. <u>Please note the 3:00</u> <u>performance time.</u>

Friday, February 7, 7:30 PM, CWPA

An annual favorite, Julliard graduate, Jim Correnti, will play a number of tunes on the piano.

<u>Friday, February 21, 7:30 PM, CWPA - Ron</u> <u>Bellamy, Solo handbell artist</u>

Solo handbell artist Ron Bellamy, accompanied on piano by his wife Linda Lorgus, will be performing a concert that will include a variety of genres, including classical, sacred, secular, and Americana. Just a week beyond Valentine's Day, this sure-to-please program may even include a love song or two.

<u>Friday, March 14, 7:30 PM, CWPA – Michael</u> <u>Faircloth, Pianist</u>

Michael began playing the piano in church as a child, which started a music ministry that has continued for over 50 years. His concerts are casual and conversational like visiting friends gathered around a living room piano. The program will include his original arrangements of beloved hymns and gospel songs with a sprinkling of other genres and thoughtful commentary about the music. He enjoys creating new settings of familiar songs to give listeners a fresh appreciation for the timeless truths they contain.

Friday, March 28, 7:30 PM, CWPA – Music for Magical Mallets: Mark O'Kain, Marimba and Xylophone Jeffrey Uhlig, Piano

Classics, Broadway arrangements and Ragtime Music.

Mark O'Kain was a member of the President's Own Marine Band and has had a long career of playing for many Broadway Show Tours including Les Miserables, My Fair Lady, Mary Poppins, Porgy and Bess and Into the Woods.

MOVIES

There will be no movies shown in January.

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 <u>unless otherwise noted.</u>

 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

<u> StoneCroft (SC) – Ground Floor</u>

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



StoneCroft Aquatics Center Schedule

January 2025



Check for updates at the following sources: Phone Hotline 610-273-4050, telhai.org/pool, SCAC entrance signs,

Channel 965, and Tel Hai's Facebook.

We apologize in advance for any closures.

SCAC will be closed New Year's Day 1/1/2025

SCAC will host swim meets on Friday 1/3 and 1/31. The pool will close at 2:00pm. Please note, the water temperature will be cooler than normal to accommodate the meets.

	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 & 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 Ianes	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	None	3:45pm-5:50pm	None	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 12/18/2024

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 divina *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 lifeiackets *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 home meets: Friday, January 3, 2025 Friday, January 31, 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.

> <u>25 Yard Pool</u> 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.

<u>Thunder/lightning</u>- 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.

<u>**2 hr TVSD/CASD delay</u>**- Pool opens at 9am, classes running will be determined by weather.</u>

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.

<u>Weekends</u>- Any delayed openings or closures will be on hotline.

Please visit <u>www.telhai.org/pool or call 610-273-9333</u> 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.



January 2025 Aquatic Schedule



SCAC = StoneCroft Aquatics Center **GCCP** = Garrett Community Center Pool

For schedule updates check the following sources: Channel 965, Phone Hotline 610-273-4050, telhai.org/pool. Additionally, for SCAC updates, check SCAC entrance signs and Tel Hai's FaceBook.

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SCAC will host swim meets on Friday 1/3 and 1/31. The pool will close at 2:00pm. Please note, the water temperature will be cooler than normal to accommodate the meets.

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

January 2025 – Land Fitness Programs

	Candaly 2020 Eana Filinoco Frogramo								
Monday	Tuesday	Wednesday	Thursday	Friday					
<u>9:00– 10:00am</u> <u>10:30– 11:30am</u> Gentle Flow Yoga SC Group Exercise Room Fee to participate; contact Gwynne	10:30- 11:30amTune Up TimeGentle Flow YogaGCC Gathering RoomSC Group Exercise Room		<u>10:30– 11:30am</u> Chair Yoga CWPA	<u>10:00am – 12:00pm</u> Pickleball Tel Hai Camp					
<u>10:00am – 12:00pm</u> Pickleball Tel Hai Camp	<u>11:00am</u> Shuffleboard Tel Haven <i>Room closed through 1/14</i>	<u>1:15 –2:00pm</u> Resident Zumba SC Group Exercise Room <i>No class 1st & 22nd</i>	<u>10:30 –11:15am</u> Tune Up Time GCC Gathering Room	<u>10:15 –11:15am</u> Strengthen & Tone SC Group Exercise Room					
11:00am-12:00pm11:15am -12:15pmChair Yoga CWPAPing PongGCC Gathering Room Advanced competition		2:00 – 3:00pm Strength & Balance GCC Gathering Room <i>No class 1/1</i>	<u>10:30 –11:15am</u> Drums Alive SC Group Exercise Room Registration required; contact Josh X2142	<u>2:00 – 3:00pm</u> Beginner Line Dancing GCC Gathering Room <i>No dancing 1/3</i>					
<u>1:00 – 2:00pm</u> Strength & Balance SC Group Exercise Room	<u>1:15 – 2:00pm</u> Total Body Toning SC Group Exercise Room	<u>3:30 – 4:30pm</u> Line Dancing GCC Gathering Room <i>No class 1/1</i>	<u>11:15am –12:15pm</u> Ping Pong GCC Gathering Room Open to all levels of play	<u>3:30 – 4:30pm</u> Corn Hole Grandview Commons					
<u>3:30 – 4:30pm</u> Line Dancing GCC Gathering Room	Fee based 1-on-1 training is a improve their mobility, increase their freedom of movement. A guidance with weight manager	ning Sessions wailable for those who want to body awareness, and get back and for those seeking help and ment through nutrition. Please 2142 or jbooker@telhai.org.	<u>11:45am – 12:45pm</u> <u>1:00 – 2:00pm</u> Tai Chi Open to all 1/2/25, no registration required	FITNESS ROOMS Cardio and strength machines are available 24/7 to residents who have been cleared by their physician					
Tips To BOO Health as Yo	u Age 🛛 🟹 🏑		1/9 * following must register Fee to participate; contact Gwynne x2441 <u>2:15 –3:00pm</u>	and have been oriented to the use of the rooms. Call Josh X2142 or Gwynne X2441 for information.					
can help you live longer and tips to get started.	better? Try these try gardening, biking, or walking.	Choose healthy foods rich in nutrients.	Drums Alive SC Group Exercise Room Registration required; contact Josh X2142	Contact Information • Corn Hole: Steve 570-313- 4431					
try yoga or keep a journal. Learn more about steps	earn something ew – take a class rjoin a club. Co to the doctor regularly.	Connect with family and friends.	Watch 965 for updates 47 TEL HAN Watch 925 for updates	 Line Dancing: Bunny 610- 960-4154 Pickleball: Lesley 484-722- 8436 Ping Pong: Chris 484-340- 0395 					

Worship Schedule January 2025

<u>Thursday. January 2</u> 10:00 AM - Bible Discussion Group – THSR

<u>Sunday, January 5</u>

- 9:00 AM Chapel: CWPA or 968 Shuttle leaves at 8:45 from Stonecroft
- 10:30 AM Chapel: A/C or 968 Message: Chaplain David Klingensmith Piano: Virginia Patchel

<u>Tuesday, January 7</u>

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

<u>Wednesday, January 8</u> 11:00 AM – Choir Rehearsal – A/C

<u>Thursday, January 9</u> 10:00 AM - Bible Discussion Group – THSR 10:00 AM - Community Bible Study – Grandview Commons

<u>Sunday, January 12</u>

9:00 AM – Chapel: CWPA or 968 10:30 AM – Chapel: A/C or 968 Message: Pastor Steven Wilson Music: Rebecca Sensenig

<u>Tuesday, January 14</u> 7:00 PM - Men's Bible Study HCR (2)

<u>Wednesday, January 15</u> 11:00 AM – Choir Rehearsal – A/C

<u>Thursday, January 16</u>

10:00 AM - Bible Discussion Group – THSR 10:00 AM - Community Bible Study – Grandview Commons

2:00 PM – Catholic Mass A/C

7:00 PM – Dan MacDonald Bible Study on "Mark" - CWPA_Dockside and 968

Sunday, January 19

9:00 AM – Chapel: CWPA or 968 10:30 AM – Chapel: A/C or 968 Message: Pastor David Klingensmith Music: Ruthann Stevenson 7:00 PM – Hymn Sing THSR

Tuesday, January 21

2:00 PM – Irene Weaver Bible Study "I'm Glad you Asked" - GR 7:00 PM - Men's Bible Study HCR (2)

Wednesday, January 22

10:30 AM – Chapel Service – A/C Message: Clark Lash Music: David Klingensmith, Jr.

Thursday, January 23

10:00 AM - Bible Discussion Group – THSR 10:00 AM - Community Bible Study – Grandview Commons

7:00 PM – Dan MacDonald Bible Study on "Mark" - CWPA_Dockside and 968

Sunday, January 26

9:00 AM – Chapel: CWPA or 968 10:30 AM – Chapel: A/C or 968 Message: Pastor Dan MacDonald Piano: Danton Arlotto

Tuesday, January 28

2:00 PM – Irene Weaver Bible Study "I'm Glad you Asked" - GR 7:00 PM - Men's Bible Study HCR (2)

Wednesday, January 29

11:00 AM - Choir A/C

(Continues on back)

<u>Worship Schedule</u> <u>January 2025</u>

<u>Thursday, January 30</u>

10:00 AM - Bible Discussion Group – THSR 10:00 AM - Community Bible Study – Grandview Commons

7:00 PM – Dan MacDonald Bible Study on "Mark" - CWPA_Dockside and 968

Friday, January 31

10:00 AM - Grief Share (New Session) - SPDR