

JOIN US FOR THESE WEEKLY EVENTS:

***Unless otherwise noted by activity coordinator**

EVERY MONDAY

10:00 AM - 12:00 PM – Drop off donations and open for shopping at Resale Shop: HZ

1:00 PM – Canasta: Conservatory

3:00 PM – Crossword Puzzle Group: AOE

7:00 PM – Pinochle: HCSR

EVERY TUESDAY

Place trash out in evening for Wed AM pickup

9:00 - 11:00 AM – Clinic Hours with Nurse Sara.

Free blood pressure screenings provided: SCHS

8:00 - 10:30 AM – Woodcraft Shop is open. Bring your items that need a repair: Drop off at WS

2:00 - 4:00 PM – Color with Me: DB

6:15 PM – Rummikub: DB

7:00 PM – Men's Bible Study: HCR (2)

EVERY WEDNESDAY

Trash pick-up day

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

11:00 AM – Choir: 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: GVC

10:00 AM – Bible Discussion Group: THSR

6:30 PM – Canasta: Daily Brew

EVERY FRIDAY

10:00 AM - GriefShare: SPDR

EVERY SATURDAY

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

EVERY SUNDAY

9:00 AM – Chapel Service: CWPA/Dockside

10:30 AM – Chapel Service: A/C & 968

Monday, February 3

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

12:00 PM - Lunch with a Chaplain: Stone Hearth Grille

2:15 PM – Life Enrichment Presents “James of the Bible” by Lois Caldwell: Room TBD

TUESDAY, FEBRUARY 4

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

2:00 PM – Irene Weaver Bible Study: GR

WEDNESDAY, FEBRUARY 5

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

THURSDAY, FEBRUARY 6

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, FEBRUARY 7

1:00 - 3:00 PM - Fiber Arts Club, Winter hat charity project: 3rd Fl Brownstone Textile Rm.

1:30 PM – Ice Cream Social: Daily Brew

7:30 PM – Jim Correnti, pianist: Room TBD

MONDAY, FEBRUARY 10

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

2:15 PM – Life Enrichment Presents, “Cannons Unearthed” by Bill Gladden: Room TBD

TUESDAY, FEBRUARY 11

10:45 AM – depart for Ozgood's Neighborhood Bar & Grill (prior reservations needed): GVC

Tastebuds Trip – TBA

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: A/C

WEDNESDAY, FEBRUARY 12

AARP Tax-Aide: A/C (Appointment needed)

7:00 PM – Love Concert with Choir: A/C

SATURDAY, FEBRUARY 15

► Submissions for the March "What's New?" are due. Submit to whatsnew@telhai.org

THURSDAY, FEBRUARY 13

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

SUNDAY, FEBRUARY 16

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

Monday, February 17

2:15 PM – Life Enrichment presents, "Hike the Hills" by Karen Horning & Dave Shenk: Room TBD

TUESDAY, FEBRUARY 18

2:00 PM – Irene Weaver Bible Study: GR

7:00 PM – Book Club: Conservatory

WEDNESDAY, FEBRUARY 19

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

12:30 PM - depart from Garrett Community Center and 12:45 from SC for Fulton Plays (members only)

THURSDAY, FEBRUARY 20

10:30 AM – Veteran's Brunch: Azalea Square
Guest Speaker: Kirk Fernitz: VA Services

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

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

FRIDAY, FEBRUARY 21

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

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

7:30 PM – Performing Arts presents Ron Bellamy,
Solo handbell artist: Room TBD

Monday, FEBRUARY 24

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

2:15 PM – Life Enrichment presents, "The Legacy of the Three Christophers Sauer: Room TBD

TUESDAY, FEBRUARY 25

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

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

2:00 – 3:00 PM Irene Weaver Bible Study: GR

WEDNESDAY, FEBRUARY 26

10:30 AM – Wednesday Chapel Service: A/C
AARP Tax-Aide: CWPA (Appointment needed)
Stauffer's Vaccine Clinic: SCHS - Sign up for an appointment time in the Resident Business Centers.
1:00 – 2:30 PM – Talk with Scott Miller: SC
1:00 PM – Tech Time with Tim: MP

THURSDAY, FEBRUARY 27

2:00 PM – Care Partner Support group: HCCR

GENERAL ANNOUNCEMENTS & CAMPUS SPECIAL EVENTS

Sewing Alterations Coming Soon to Tel Hai

Jennifer Kurtz has participated in our Holiday Bazaar the past couple of years displaying tea towels and glass lamp shades. Jennifer is a seamstress that lives locally. She does alterations of every kind from formal to casual wear. She usually has a pile of mending that she works on from various clients. This includes a lot of hems for pants and dresses or shortening of sleeves. There's always a zipper or button that needs to be fixed as well. Sometimes she's making drapes shorter or repurposing somebody's shirt into a T-shirt quilt or pillow. She loves to be creative and not afraid of a challenge. Jennifer is planning to set her sewing machine/supplies up twice a month at Tel Hai – once a month at Garrett and once a month at StoneCroft. Her hours will be 10:00 AM to 12:00 PM, the 1st Monday of each month at the Garrett Gathering Room, and 10:00 AM to 12:00 PM every 3rd Monday of the month at the Art of Everything at SC. Jennifer will begin on Monday, March 3 in the Gathering Room. Bring any items that need to be fixed, or just stop in and wish her a Tel Hai welcome. There will be a fee for this service. We will give this service a four-month trial to monitor the interest.

Book Club

The Book Club at StoneCroft will be meeting Monday, Feb. 18, at 7:00 PM, in the Conservatory in Brownstone. Book for this month James by Percival Everett (retelling of Huck Finn's story from viewpoint of James, Huck's enslaved friend). For information, please contact Sandy Koenig at ext. 4794.

Cookies and Tea

Lakeview will have cookies and tea at 3:00 PM in the A/C following the Afternoon of Song on Feb. 11.

Afternoon of Song

We are hoping to bring love into your hearts and voices, as we sing songs about love on February 11, at 2:00 PM in the A/C. We have missed you and look forward to singing together and entertaining you with a few special presentations.

Billiards

- Don Evans Memorial 8-ball Tournament
Feb. 11 - 8:50 AM – 11:00 AM
All Welcome, No registration necessary
- 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

ART TASK FORCE DISPLAYS

Stone Croft Display Case: Knitted Items

Garrett Display Case: Owls and Turkeys

Clark Gallery: Jen McCleary. Meet the Artist is

Thursday, Mar. 27th from 1-3 PM

What's New

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

WORSHIP

Sunday Worship Services

For the month of February, the 9:00 AM service will be in CWPA_Dockside but will not be televised and 10:30 AM Sunday services will be held in the **Chapel** and will be televised. The shuttle will no longer be available on Sunday's. 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 which began on **Friday, January 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 want 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.

Love Concert with Choir

Join us as we kick-off the choir season for 2025 with a concert that focuses on God's love for us and our love for one another. The service will be held **Wednesday, February 12 at 7:00 PM in the Chapel and will feature the Chaplains and the Tel Hai Choir.**

Women's Bible Study

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. Together the group will search scriptures and arm themselves with the answers that God made available. The class meets Tuesdays from 2:00 – 3:00 in the GCC Gathering Room. There will be no class Feb. 11.

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.

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 Feb.: Mondays the 3, 10, 17, and 24 from 11:00 AM – 4:00 PM. Friday the 7th 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, February 3, 2:15 PM, location of lecture TBD, “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, James of Jerusalem, 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 opportunity to purchase her book at a special price and have it signed by the author herself!

Monday, February 10, 2:15 PM, location of lecture TBD, 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 have been recovered from the site.

Monday, February 17, 2025, 2:15 PM, location of lecture TBD- 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, February 24, 2:15 PM, location of lecture TBD, “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.

Monday, March 3, 2:15 PM, location TBD, “New Local State Forest in your Back Yard, by Rick Hartlieb

Learn about the new local State Forest in your back yard. In 2018, DCNR Bureau of Forestry acquired 156 acres south of Tel Hai, adjacent to route 10. The new Honeybrook Tract of the William Penn State Forest occupies the former All Seasons Resort campground. DCNR is working to develop recreation plans, habitat improvements, and native plant conservation. Presentation by Rick Hartlieb, District Forester Department of Conservation & Natural Resources.

Mondays, March 10, 17 and 24, Location TBD, “Unfortunate Historical Social Lessons: What Can we Learn? By Ken Sensenig

March 10 - Barbarous nations be overthrown; The Doctrine of Discovery embraced by European Christians pushed Pennsylvania’s frontier westward. Domination and colonialism disrupted ancient societies. What can we learn?

March 17 - Three tragic romances; The general, the politician, the preacher all experienced the thrill of romance. All ended before marriage. What can we learn?

March 24 - Trouble in Paradise; In 1941, Europe festered with a brewing war. Two young men, both part of historic peace church traditions, tangled over a young woman. A murder followed. What can we learn?

Monday, March 31, 2:15 PM, Location TBD - Richie Ashburn: Why the Hall Not! By Author Bruce E. Mowday

Author Bruce E. Mowday will give a presentation on his book about Richie Ashburn, a Whiz Kid, member of the Hall of Fame and famed Phillies’ announcer. Ashburn grew up in Nebraska but became a favorite of Philadelphia, and named several times as Philadelphia’s most beloved athlete. His statue graces Citizens Bank Park, where one section is named Ashburn’s Alley.

TRIPS

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

February 11, 2025 – Taste Buds Trip TBA

March 1 – Hunterdon Hills – Brochures are posted in both RBC’s and the deadline is approaching fast so sign up now.

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

This trip is a go, and we would like to have a few more going with us, so there is still time to sign up for this trip. Brochures are located in both RBCs. The deadline for registration and final payment is Feb. 20, 2025.

April 22, 2025 – Bird-in-Hand Theater presents, “The Rise & Fall of Miss Fannie’s Biscuits.” This trip also includes a meal at Bird-in-Hand Restaurant. Brochures are not out yet.

May 1 – Dutch Apple Dinner Theater to see *Fiddler on the Roof* – brochures are not yet available

May 15 – Berks County Amish Historical Tour/lunch – brochures not available

June 3 – Williamsport one day trip – brochures not available yet

June 26-27 – Whale Watching in Cape May - brochures not available yet

July 10 – Mt. Gretna Theater, *Million Dollar Quartet* with dinner after the program – no brochures at this time

August 5 – Chalk Talk, *Birds in all Seasons* at the studio of Elva Hurst (Ladies Day Out) - no brochures at this time

September 23 – Gettysburg Battlefield Tour/meal - no brochures at this time

October 9 – Ladies Night Out to Dutch Apple Dinner Theater, *Chorus Line* - no brochures at this time

November 20 – Meal at Casey Jones and Christmas Program with Lee Productions following the meal - no brochures at this time

December 19 – American Music Theater Christmas Show with meal at Hershey's Restaurant - no brochures at this time

December 23 – American Music Theater Christmas Show with meal at Hershey's Restaurant - no brochures at this time

CONCERT SERIES**

Friday, February 7, 7:30 PM, Location TBD

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

Friday, February 21, 7:30 PM, Location TBD -

Ron Bellamy, Solo handbell artist

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.

Friday, March 14, 7:30 PM, CWPA - Michael

Faircloth, Pianist

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 - Classics to Ragtime: Brenda Weckerly, Marimba and Xylophone & Jeffrey Uhlig, Piano

Classics, Broadway arrangements and Ragtime Music.

Percussionist, Brenda Weckerly, is originally from Wisconsin. She earned a Bachelor's Degree in Percussion Performance at DePaul University in Chicago, and a Master's Degree at Wichita State University, while also performing with the Wichita Symphony. Her studies led her to auditioning and winning a position as the first female percussionist with "The President's Own" United States Marine Band in Washington D.C. She served in the Marine Band from 1994-1998 and then continued freelancing in the Washington D.C. area, including performing at the Kennedy Center and touring with the Washington National Opera Orchestra under artistic director, Placido Domingo.

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

February 2025 – 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</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</p>	<p>1:15 –2:00pm Resident Zumba SC Group Exercise Room</p>	<p>10:30 –11:15am Tune Up Time GCC Gathering Room</p>	<p>10:15 –11:15am Strengthen & Tone SC Group Exercise Room</p>
<p>10:30am– 11:30pm Chair Yoga CWPA</p>	<p>11:15am –12:15pm Ping Pong GCC Gathering Room <i>Advanced competition</i></p>	<p>2:00 – 3:00pm Strength & Balance GCC Gathering Room <i>No class 2/19 due to the Town Meeting</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</p>
<p>1:00 – 2:00pm Strength & Balance SC Group Exercise Room</p>	<p>1:15 – 2:00pm Total Body Toning SC Group Exercise Room</p>	<p>3:30 – 4:30pm Line Dancing GCC Gathering Room</p>	<p>11:15am –12:15pm Ping Pong GCC Gathering Room <i>Open to all levels of play</i></p>	<p>3:30 – 4:30pm Corn Hole Grandview Commons</p>
<p>3:30 – 4:30pm Line Dancing GCC Gathering Room</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 CWPA <i>Fee to participate; contact Gwynne x2441</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>February is American Heart Month: Life's Essential 8™ Eat Better: Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds, and cooking in non-tropical oils such as olive and canola. Be More Active: Adults should aim for 2 ½ hours of moderate or 75 minutes of vigorous physical activity per week. Get Healthy Sleep: Most adults need 7-9 hours of sleep each night. Adequate sleep promotes healing, improves brain function and reduces the risk for chronic diseases. Manage Weight: Achieving and maintaining a healthy weight has many benefits. Control Cholesterol: High levels of non-HDL, or “bad,” cholesterol can lead to heart disease. Manage Blood Sugar: Most of the food we eat is turned into glucose, providing energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. Manage Blood Pressure: Keeping your blood pressure within acceptable ranges can keep you healthier longer. Quit Tobacco: Use of inhaled nicotine delivery products, which includes traditional cigarettes, e-cigarettes and vaping, is the leading cause of preventable death in the U.S.</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 1/20/25 www.heart.org/en/healthy-living/healthy-lifestyle/life-essential-8</p>	

February 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.

For maintenance on the filtration system SCAC will be closed Friday February 21 and Saturday February 22.

	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</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	None	GCCP: Resident 2:30-3:30pm	None	None	None Updated 1/22/2025
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- 11:30am	None

StoneCroft Aquatics Center Schedule February 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.

For maintenance on the filtration system SCAC will be closed Friday February 21 and Saturday February 22.

	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	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	8:00-11:30am	Closed
Swim Team	3:30pm-5:30pm	None	5:15-7:00pm	None	3:30pm-5:30pm	None	Closed Updated 1/23/2025

StoneCroft Aquatics Center Policies & Swim Team Information

Pool rules:

- *Lifeguard on duty is in charge
- *No food on deck
- *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 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 home meets:
Home meets have concluded

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.

Snow/ Ice – Call hotline to confirm before venturing out. Pool will open providing staff can safely arrive. In the event of staff being unable to do so, any delayed openings or closures will be communicated on the 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.

Worship Schedule

February 2025

Sunday, February 2

9:00 AM – Chapel: CWPA_Dockside no TV
10:30 AM – Chapel: A/C or 968
Message: Chaplain David Hicks
Piano: Ruthann Stevenson

Tuesday, February 4

2:00 PM – Irene Weaver Bible Study – GR
7:00 PM - Men’s Bible Study HCR (2)

Wednesday, February 5

11:00 AM – Choir Rehearsal – A/C

Thursday, February 6

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

Friday, February 7

10:00 AM – GriefShare - SPDR

Sunday, February 9

9:00 AM – Chapel: CWPA_Dockside No TV
10:30 AM – Chapel: A/C or 968
Message: Chaplain David Hicks
Music: Danton Arlotto

Tuesday, February 11

2:00 PM – Afternoon of Song – A/C
7:00 PM - Men’s Bible Study HCR (2)

Wednesday, February 12

7:00 PM – Love Concert with Choir – A/CI am
s

Thursday, February 13

10:00 AM - Bible Discussion Group – THSR
10:00 AM - Community Bible Study – GC
7:00 PM – Dan MacDonald Bible Study on
“Mark” – A/C and 968

Friday, February 14

10:00 AM – GriefShare - SPDR

Sunday, February 16

9:00 AM – Chapel: CWPA_Dockside no TV
10:30 AM – Chapel: A/C or 968
Message: Chaplain David Klingensmith
Music: Rebecca Sensenig
7:00 PM – Hymn Sing THSR

Tuesday, February 18

2:00 PM – Irene Weaver Bible Study – GR
7:00 PM - Men’s Bible Study HCR (2)

Wednesday, February 19

11:00 AM – Choir Rehearsal – A/C

Thursday, February 20

10:00 AM - Bible Discussion Group – THSR
10:00 AM - Community Bible Study – GC
2:00 PM – Catholic Mass A/C
7:00 PM – Bible Study “Mark” – A/C and 968

Friday, February 21

10:00 AM – GriefShare – A/C

Sunday, February 23

9:00 AM – Chapel: CWPA_Dockside No TV
10:30 AM – Chapel: A/C or 968
Message: Pastor Herb Davis
Piano: Virginia Patchel

Tuesday, February 25

2:00 PM – Irene Weaver Bible Study – GR
7:00 PM - Men’s Bible Study HCR
(2)

Wednesday, February 26

10:30 AM – Chapel Service – A/C
11:15 AM - Choir A/C

Thursday, February 27

10:00 AM - Bible Discussion Group – THSR
10:00 AM - Community Bible Study – GC
7:00 PM – Dan MacDonald Bible Study on
“Mark” – A/C and 968

Friday, February 28

Worship Schedule
February 2025

10:00 AM – Grief Share - SPDR