

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

1:00 – 3:00 PM – Train room open for visitors (except 3rd Thursday)

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

TUESDAY, APRIL 1

9:00 – 11:00 AM – Photo updates: SC Book Nook

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

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

2:00 PM – Irene Weaver Bible Study: GR

WEDNESDAY, APRIL 2

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

THURSDAY, APRIL 3

8:00 – 12:00 noon -Mobile ENT on site (appts needed): Bluestone Parking lot

10:30 AM – Veterans Coffee Hour: MR

11:30 AM – 12:30 PM – Ask A Nurse: THSR

7:00 PM – Dan MacDonald Bible Study on Mark: A/C or 968

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

FRIDAY, APRIL 4

1:30 PM – Ice Cream Social: Daily Brew

1:00 - 3:00 PM -Fiber Arts Club: 3rd Fl Brownstone

7:30 PM – Performing Arts presents *Inspiration!* program by Perfect Harmony: A/C

SUNDAY, APRIL 6

7:30 AM – Check in with Judy and depart for the Charleston/Savannah trip: GVC

MONDAY, APRIL 7

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

10:00 AM to 12:00 PM – Jennifer Kurtz, seamstress, will do clothing revisions: GR

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

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

2:15 PM – Life Enrichment presents, Craig Caltagirone, song & dance: A/C

TUESDAY, APRIL 8

8:00 – 9:00 AM – Pancake Breakfast: SC Grille/Garden Cafe

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

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

3:00 PM Cookies and Coffee: LVDR

WEDNESDAY, APRIL 9

AARP Tax-Aide: CWPA (Appointment needed)

THURSDAY, APRIL 10

3:00 – 5:00 PM – Katie Muth Mobile Office: SPDR

7:00 PM – Dan MacDonald Bible Study on Mark:
A/C or 968

MONDAY, APRIL 14

9:00 AM – Resident Council Closed meeting: DS

2:15 PM – Life Enrichment presents, “Women of
Valley Forge encampment” by Dr. Nancy K.
Loane: A/C

TUESDAY, APRIL 15

►Submissions for the May “What’s New?”

are due. Submit to whatsnew@telhai.org

1:00 – 3:00 PM – Photo updates: SC Book Nook

WEDNESDAY, APRIL 16

10:30 – 12:00 Noon – Talk about PC: GCC MP

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

12:30 PM depart from SC and 12:45 from GCC for
Fulton Plays (subscription holders only)

THURSDAY, APRIL 17

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

Guest Speaker: Col. Robert Totten, West
Point Graduate

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:
A/C or 968

FRIDAY, APRIL 18

2:00 PM – Good Friday Communion: A/C & 968

SUNDAY, APRIL 20

6:30 AM – Sunrise Service: Amphitheatre

MONDAY, APRIL 21

10:00 to 12:00 PM – Jennifer Kurtz, clothing
revisions: AOE

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

2:15 PM – Life Enrichment presents, New Zealand &
Moorea Tour Feb. 2024 – The Adventures of
Scott and Tracy Burkholder: A/C

7:00 PM – Book Club: Conservatory

TUESDAY, APRIL 22

10:45 AM – check in with Judy and depart by coach
for Bird in Hand Restaurant/Theater, “The Rise
& Fall of Miss Fannies Biscuits”: GVC

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

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

WEDNESDAY, APRIL 23

10:30 AM – Chapel Service: A/C

THURSDAY, APRIL 24

2:00 PM – Care Partner Support group: HCCR

7:00 PM – Dan MacDonald Bible Study on Mark:
A/C or 968

FRIDAY, APRIL 25

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

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

MONDAY, APRIL 28

2:15 PM – Life Enrichment presents, “The Lincoln
Four: The Pursuit, Capture, and Execution of
the Lincoln Conspirators” by Michael
Jesberger, historian: A/C

WEDNESDAY, APRIL 30

1:00 PM – Tech Time with Tim: MP

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

GENERAL ANNOUNCEMENTS & CAMPUS SPECIAL EVENTS

We’re clearing up and cleaning out! Join us for a
week-long, CAMPUS-WIDE SUMMER CLEANOUT
from June 2-6 as we all tackle closets, basements,
garages and storage areas!

Our goal is to declutter, dejunk and refresh our
homes, workspaces and community.

In partnership with Tel Hai Team Members and
community volunteer groups, we’ll be helping
Residential Living residents by providing the
following:

- Complimentary dumpsters located
throughout campus
- Extended Resale Shop donation drop off
hours
- Large item hauling for trash removal &
donation relocation
- Complimentary shredding services for
sensitive documents

More information to come but mark this important
week in your calendar now!

Book Club

The Book Club at StoneCroft will be meeting Monday, April 21, at 7:00 PM, in the Conservatory in Brownstone. The book this month is Mad Honey, by Jody Picoult. For information, please contact Sandy Koenig at ext. 4794.

Residential Living Pancake and Sausage Breakfast

Due to the rising cost of eggs, RL will be hosting a Pancake breakfast this year instead of an Omelet Day. This will be held on Tuesday, April 8 from 8:00 – 9:00 AM in the GCC Garden Café and the SC Stone Hearth Grille. We will have pancakes, sausage, coffee, tea and orange juice. There will also be toppings that you can have placed on your pancake. Gluten Free pancakes will be available.

Sewing Alterations

Jennifer Kurtz, seamstress, is able to do alterations of any kind from formal to casual wear. 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. Bring any items that need to be fixed. We are monitoring the interest to see if we should continue.

What! A Murder at Tel Hai?!

Not really, but a Murder Mystery Dinner is being planned for May 27 in the CWPA. Mark your calendars now and stay tuned for further details.

Silver, Wood and Ivory

May 30 you are invited for a lovely afternoon of music performed by Silver, Wood and Ivory in Lititz. The bus will leave Grandview Commons at 12:30. The concert begins at 2:00 PM with heavy hors d'oeuvres to follow. There will be a time to enjoy the gardens before the concert. Please contact Rosemary Ludwig to sign up. They cost is \$84.00 which includes the bus, concert and food.

Train Club

The train room is open for visitors on Thursday, April 3, 10, and 24 from 1:00– 3:00 PM.

Talk on Heart Disease

Please join Abby Riley, RN, BSN from Main Line Health as she discusses traditional and emerging risk factors for heart disease, and what we can do to prevent them. Abby will also share details regarding different testing methods available to detect heart disease early. This will be held in the Auditorium/Chapel on April 22nd at 2:00 PM. If you are interested in attending, please sign up in the Resident Business Center by April 14th and indicate if you will need a ride with the shuttle.

Shopping Trip to Park City

There will be a trip to Park City on Tuesday, May 6. The bus will pick up at SC at 9:15 AM and at the GCC at 9:20 AM. We will plan to leave Park City at 2:30 PM. Please contact Jessica at ext. 2091 to sign up, as seating is limited.

Warning Signs of Strokes

Please join Alison Dysard, Stroke Program Manager at Paoli Hospital, as she explains the warning signs of strokes, risk factors, stroke assessment, improving outcomes for ischemic stroke patients, and stroke management. This will be held in the Stonecroft CWPA on May 6th at 2 PM. If you are interested in attending, please sign up in the Resident Business Center by April 29th and indicate if you will need a ride with the shuttle.

Katie Muth Office at Tel Hai**

The office of Katie Muth will host Mobile Office Hours on April 10th from 3:00-5:00 PM in the Scalies Private Dining Room. Her office will be able to assist with: PennDOT related questions (car registration, REAL ID, birth/death certificates, SEPTA Senior Passes, PA Income Tax Issues, and more). If you need a ride with the shuttle, please call extension 2040 by April 9th to make a ride reservation.

What is Lakeview PC?

Have questions about Life at Lakeview PC? Stop by for an informal chat at the Mantle Pointe in the Garrett Community Center and speak with Kathy Klunk, Social Worker and Admissions Coordinator. Kathy will be there on April 16th between the hours of 10:30 AM to Noon.

Calling all pet owners!

Do you have a dog who loves attention? Does your dog love to meet new humans? Do you and your dog want to do more good in the world? Consider bringing them to Lakeview and Lakehouse for a pet visit! Bring them once or bring them every week! We look forward to having more furry friends visiting. Pet visits can provide emotional comfort, stress reduction, improved mood and cognitive stimulation for residents and team members! If interested, contact Erika Snyder, Volunteer Coordinator, ext. 2010 for scheduling and information. (Proof of vaccination is required prior to visiting).

GCC Library

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

The Ministry of Time - Kalliane Bradley

The Wedding People - Alison Espach

James - Percival Everett

Beautiful Ugly - Alice Feeney

Funny Story - Emily Henry

Never Lie - Freida McFadden

The Crash - Freida McFadden

The JFK Conspiracy - Brad Meltzer

Here One Moment - Liane Moriarty

We All Live Here - JoJo Moyes

The Texas Murders - James Patterson

Tell Me Everything - Elizabeth Stoudt

Long Island - Colm Toibin

Three Days in June - Anne Tyler

All the Colors of the Dark (large print) - Chris Whitaker

Time of the Child - Niall Williams

REMINDER: Please return books to the Library as soon as you are finished reading them. Others are waiting to read them.

Cookies and Coffee in Lakeview

April 8th join Lakeview PC for cookies and coffee following the Afternoon of Song. Cookies and Coffee will be served in the Lakeview Dining Room at 3PM. All are welcome.

Billiards

- **Tax Day 8-Ball Tournament** – April 15 - 9 AM – 12 Noon. All welcome. Coffee and Donuts
Bob LaDrew bonkersboy@gmail.com
484-722-8395
- **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, April 8 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

APRIL ART TASK FORCE DISPLAYS

Stone Croft Display Case: Gourds

Garrett Display Case: Birdhouses

Clark Gallery: Beverly Bruins, Resident Artist

What's New

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

WORSHIP

Sunday Worship Services

For the month of April, 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 (968). The shuttle will no longer be available on Sundays. For more information, please contact Chaplain Hicks at x-2443.

Holy Week Services

Our Holy Week Services will include a **Good Friday Communion Service on April 18th at 2:00 PM in the Chapel**. Join us as we celebrate the Resurrection of our Lord on **Sunday, April 20th** during a **Sunrise Service at 6:30 AM in the Amphitheater**, or as part of our regularly Scheduled Services at **9:00 AM in the CWPA, and 10:30 AM in the Chapel**.

HEALTH & WELLNESS

Amanda Rock – Financial Planner

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

Dr. Lori Wilde – Podiatry

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

Massages at StoneCroft Health Suite Massages in StoneCroft Health Suite for Apr.: Mondays the 7, 14, 21 and 28 from 11:00 AM – 4:00 PM. Friday the 11 from 11:00 AM – 4:00 PM. Please contact Shelly Hansen at shellyinlight@verizon.net or 610- 466-7733 to schedule an appointment.

Mobile ENT

To schedule an appointment with the mobile ENT, please call 610-363-2532. They will be on site April 3 from 8:00 AM – 12 noon.

McCormick Chiropractic

McCormick Chiropractic is available for appointments. Call directly to inquire and to schedule an appointment: 610-286-7000.

OnSite Dermatology

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

Life Enrichment Lectures**

Monday, April 7, 2:15 PM, A/C – Craig Caltagirone

Craig Caltagirone brings his one-man song and dance act with “senior friendly” musical selections from Classic Broadway show tunes and the Great American Songbook.

Monday, April 14, 2:15 PM, A/C – Women of the Valley Forge Encampment by Dr. Nancy K. Loane

Hundreds of women were at Valley Forge during the winter of 1777-1778. Some officers’ wives, like Martha Washington, came long distances to be with their husbands. Some women at camp served with Washington’s military family, or followed the army because they had no where else to go. Their stories are fascinating! Join us for a new look at the Valley Forge encampment.

Monday, April 21, 2:15 PM, A/C, New Zealand and Moorea Tour February 2024: The Adventures of Scott and Tracy Burkholder

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, April 28, 2:15 PM, A/C The Lincoln Four: The Pursuit, Capture & Execution of Lincoln’s Conspirators, by Michael Jesberger, Historian/Lecturer

On Good Friday, April 14, 1865, Our sixteenth President, Abraham Lincoln, was mortally wounded while attending the play *our American Cousin* at Ford’s Theater as the American Civil War was drawing to a close. Lincoln was the first American president to be assassinated and was carried out by the well-known stage actor John Wilkes Booth, as part of a larger conspiracy in a bid to revive the Confederate cause. This program will be presented

by historical lecturer, tour guide and re-enactor, Michael Jesberger, who will walk us through the details of the investigation to apprehend the Lincoln conspirators.

**Monday, May 5, either A/C or CWPA (2:15 PM)-
Erika & Lydia Snyder – Bike Across Iowa,
Mother/Daughter Duo**

In July 2024, Lydia (11y) and Erika Snyder (not 11y) cycled the 51st Register's Annual Great Bicycle Ride Across Iowa (RAGBRAI). The route this year was 434 miles long with 18,375 feet of climb. Lydia and Erika completed over 1,600 miles of training leading up to the ride. We will share with you a little history on RAGBRAI, some of our training adventures and some highlights (and lowlights) of the ride. Lydia (11y) will share how she heard about RAGBRAI, how she convinced Erika (her mom) to ride and her favorite aspects (and food) of the week.

Monday, May 12, A/C or CWPA (2:15 PM) – Get To Know You

Short introductions will be given about our new residents followed by refreshments. Come and learn some new names and faces – it's a fun time to be together.

TRIPS

April 9-16, 2026 Historic Mississippi River Cruise

The trip brochures are available and posted in both RBCs.

April 22, 2025 – Bird-in-Hand Theater presents, "The Rise & Fall of Miss Fannie's Biscuits." Waiting list only

May 1 – Dutch Apple Dinner Theater to see *Fiddler on the Roof* – waiting list only

May 15 – Berks County Amish Historical Tour/lunch – waiting list only

May 30 – Silver, Wood & Ivory trip for concert/hors d'oeuvres – a few seats left

June 3 – Williamsport one day trip – brochures are available – plenty of room left - please sign up soon if you would like to go

June 26-27 – Whale Watching in Cape May - brochures are available and plenty of room on this trip – please sign up soon by following directions on the brochure

July 10 – Mt. Gretna Theater, *Million Dollar Quartet* with dinner at Mt. Hope Estate following the program – a few seats still available

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

October 15-17 – PA Grand Canyon Trip – brochures coming soon

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, April 4, 7:30 PM, A/C – Inspiration by Perfect Harmony

Produced by Lee Productions, the *Inspiration!* program by Perfect Harmony features a night of entertainment including folk, film, Broadway, gospel and sacred song favorites. Perfect Harmony is a vocal trio, specializing in stunning original arrangements and soaring vocals.

Wednesday, April 30, 7:30 PM – Chester County Youth Orchestra - CANCELLED

Friday, May 16, 7:30 PM, CWPA – Mission Impossible

Mission Impossible is an 8-piece band that includes 4 horns & Piano /Bass /Guitar & Drums. The band plays a variety of music: from New Orleans, to show tunes, to Big Band, to Herb Alpert & the Tijuana Brass, to 1960's / 1970's hits. Trumpet player and leader Ben Mauger says "We pride ourselves in bringing a very entertaining concert that everyone can enjoy".

Friday, May 23, 7:30 PM, CWPA - Pennsylvania

Chamber Artists: Flute Duos

This concert presents beautiful repertoire for two flutes and piano, including Impressionists Debussy and Gaubert, and newly inspired works by Uebayashi and Dorff. Alto flutes and chimes also make appearances in this varied program by Pennsylvania's newest chamber ensemble! Jocelyn Crosby, Faith Wasson – flutes, and Douglas Wimer on piano.

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

April 2025 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>9:00– 10:00am</u> <u>10:30– 11:30am</u> Gentle Flow Yoga SC Group Exercise Room <i>Fee to participate; contact Gwynne</i></p>	<p><u>9:00 – 11:00am</u> Tennis Grandview Commons</p>	<p><u>10:00am – 12:00pm</u> Pickleball Grandview Commons or Tel Hai Camp</p>	<p><u>9:00 – 11:00am</u> Tennis Grandview Commons</p>	<p><u>10:00am – 12:00pm</u> Pickleball Grandview Commons or Tel Hai Camp</p>
<p><u>10:00am – 12:00pm</u> Pickleball Grandview Commons or Tel Hai Camp</p>	<p><u>10:30 –11:15am</u> Tune Up Time GCC Gathering Room</p>	<p><u>1:15 –2:00pm</u> Resident Zumba SC Group Exercise Room</p>	<p><u>10:30– 11:30am</u> Chair Yoga CWPA</p>	<p><u>10:15 –11:15am</u> Strengthen & Tone SC Group Exercise Room</p>
<p><u>10:30am– 11:30am</u> Chair Yoga CWPA</p>	<p><u>11:15am –12:15pm</u> Ping Pong GCC Gathering Room <i>Advanced competition</i></p>	<p><u>2:00 – 3:00pm</u> Strength & Balance GCC Gathering Room</p>	<p><u>10:30 –11:15am</u> Tune Up Time GCC Gathering Room</p>	<p><u>3:30 – 4:30pm</u> Corn Hole Grandview Commons</p>
<p><u>11:00am</u> Shuffleboard Tel Haven</p>	<p><u>1:15 – 2:00pm</u> Total Body Toning SC Group Exercise Room</p>	<p><u>3:30 – 4:30pm</u> Line Dancing GCC Gathering Room</p>	<p><u>10:30 –11:15am</u> Drums Alive SC Group Exercise Room <i>Registration required; contact Josh X2142</i></p>	<p><u>SATURDAY</u> <u>9:00 – 11:00am</u> Tennis Grandview Commons</p>
<p><u>1:00 – 2:00pm</u> Strength & Balance SC Group Exercise Room</p>	<p>If exercise could be packed into a pill, it would be the single most widely prescribed and beneficial medicine in the nation.</p> <p>Stated by the National Institute on Aging</p>	<p><u>7:00 – 9:00pm</u> Tennis Grandview Commons <i>Under The Lights</i></p>	<p><u>11:15am –12:15pm</u> Ping Pong GCC Gathering Room <i>Open to all levels of play</i></p>	<p><u>Personal Training Sessions</u> 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><u>3:30 – 4:30pm</u> Line Dancing GCC Gathering Room</p>		<p>Watch 965 for updates 3/20/25</p>	<p><u>11:45am – 12:45pm</u> <u>1:00 – 2:00pm</u> Tai Chi CWPA <i>Fee to participate; contact Gwynne x2441 No classes 4/17</i></p>	
<p><u>Contact Information</u></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 • Shuffleboard: Fritz 610-273-4163 • Tennis: Andy 610-563-1654 		<p><u>FITNESS ROOMS</u> 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><u>2:15 –3:00pm</u> Drums Alive SC Group Exercise Room <i>Registration required; contact Josh X2142</i></p>	
				

April 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.

We apologize in advance for any closures.

	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 NEW Circuit/Interval class 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 3/15/2025
Swim Team Lessons	None	Lessons 3:45pm-5:50pm	None	Lessons 3:45pm-5:50pm	None	Lessons 8:00am- 11:30am	None

StoneCroft Aquatics Center Schedule

April 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.

	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 NEW Circuit/Interval Class 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	None	None	None	None	None	None	Closed Updated 3/15/2025

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:

BSSH Swim Team season has 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

April 2025

Tuesday, April 1

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

Wednesday, April 2

11:00 AM – Choir Rehearsal – A/C

Thursday, April 3

10:00 AM - Bible Discussion Group – THSR
10:00 AM - Community Bible Study – GVC
7:00 PM – MacDonald Bible Study – A/C or TV

Friday, April 4

10:00 AM – GriefShare - SPDR

Sunday, April 6

9:00 AM – Chapel: CWPA_Dockside No TV
10:30 AM – Chapel: A/C or 968
Message: Chaplain David Klingensmith
Music: Rebecca Sensenig

Tuesday, April 8

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

Wednesday, April 9

11:00 AM – Choir Rehearsal – A/C

Thursday, April 10

10:00 AM - Bible Discussion Group – THSR
10:00 AM - Community Bible Study – GVC
7:00 PM – MacDonald Bible Study – A/C or TV

Friday, April 11

10:00 AM – GriefShare - SPDR

Sunday, April 13

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

Tuesday, April 15

7:00 PM - Men’s Bible Study HCR (2)

Wednesday, April 16

11:00 AM – Choir Rehearsal – A/C

Thursday, April 17

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

Friday, April 18 – Good Friday

10:00 AM – Grief Share – SPDR
2:00 PM – Communion Service - A/C or 968

Sunday, April 20 - Easter

6:30 AM – Sunrise Service – Ampitheater
9:00 AM – CWPA_Dockside No TV
10:30 AM – A/C or 968
Message: Chaplains
Music: Ruthann Stevenson

Tuesday, April 22

7:00 PM - Men’s Bible Study HCR
(2)

Wednesday, April 23

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

Thursday, April 24

10:00 AM - Bible Discussion Group – THSR
10:00 AM - Community Bible Study – GVC
7:00 PM – MacDonald Bible Study – A/C or TV

Friday, April 25

10:00 AM – Grief Share – SPDR

Sunday, April 27

9:00 AM – Chapel: CWPA_Dockside no TV
10:30 AM – Chapel: A/C or 968
Message: Dir. Good Samaritan Services
Music: Virginia Patchel

Tuesday, April 29

7:00 PM - Men’s Bible Study HCR
(2)

Worship Schedule
April 2025

Wednesday, April 30

11:00 AM - Choir A/C