

**March 2020**



# RIDGE REPORTER



**Pottstown Hospital**

TOWER HEALTH

Advancing Health. Transforming Lives.

## ***Balance and Fall Prevention Seminar*** ***Thursday, March 19 at 10 AM***

If you went out to brunch with your two closest friends, could you decide which one of you would fall within the next year? One in 3 people over the age of 65 falls each year. Many of our mature adults are working out longer, harder and better than ever, but then why are they still falling? Find out why falls occur and how they can be prevented by attending an interactive Balance and Fall Prevention Seminar hosted by Beth DiNenna, MPT. Come learn about why people fall, how to prevent falls, and what is postural awareness, balance, and exercises that can help to prevent falling. RSVP to the office by Friday, March 13.

**This is open to the public.**

*Watch For Upcoming Pottstown Hospital Presents:*  
Dinner with Doc (May)



## ***Daylight Savings Time***

Daylight Savings Time begins **Sunday, March 8**. Be sure to set your clocks **AHEAD one hour**. If you would like assistance changing your timers, please call the office and they will schedule a time for our maintenance staff to visit.



## ***Welcome To The Neighborhood!***

We'd like to extend a warm welcome to our newest residents!  
Please stop by and introduce yourself.

**Lee & Helen** from  
Jeffersonville, PA.

**Dottie** from  
Pottstown, PA.

**Barbara** from  
Pottstown, PA.

## ***Final Resident Dues Reminder***

**FINAL CALL!** If you have not paid your \$5.00 Resident Dues for 2020, please place your money in an envelope with your name and house number on it and place it in the mail slot to the left of the reception window in the Community Center lobby.

## ***Stop Signs = STOP***

We have had several residents raise concerns of drivers not stopping at stop signs. Quite often it appears that our visitors are the violators. But with the nicer weather coming, it is a great time to remind not only our guests but ourselves to be alert and considerate drivers.



## ***Keep Office Files Updated***

It is important to keep your information on file in the office up-to-date. This information includes your power of attorney, emergency contact information, car's make/model and license plate number. We understand when this information changes, residents often overlook notifying the Office.

## ***The Green Thumbs – Expanding the Garden***



Do you enjoy growing your own vegetables? Do you miss having a garden to tend? Sign up for your own 10x10 plot or share it with a friend. We currently have 8 plots but could expand to 16. Plots will be ready in April. Call the office by March 13 to sign up for The Green Thumbs.

## *Landscaping Changes*

Penn Outdoor Services will be performing a significant amount of the required landscaping work this year.



The work will include spring cleaning, weeding and edging of mulch beds, placement of new mulch, application of spring and fall lawn fertilizer and weed control, shrub pruning according to the season, tree trimming and fall leaf cleanup. Penn will also continue in the cutting of grass. We believe outsourcing this work to Penn is more cost effective, will be completed in a timelier manner and will provide professional consistency in the care of our landscaping. The landscaping staff that remains will focus on matters related to aesthetics such as flower planting, decorating and other projects to enhance the beauty of our community as well as maintaining other exterior amenities on our grounds.

Penn will begin their initial work starting in March. Mulching is expected to commence in early April. The staff will do its best to communicate the upcoming work activities to be completed by Penn. Work orders can still be made by contacting the office. Please also direct any concerns or issues with any work activities being performed by Penn, to the office. This will be a learning experience and the feedback is important. The staff appreciates the residents' patience during this transition and are excited about the opportunities this will ideally provide to focus on site appearance issues.

## *Exercise Equipment*



The staff is looking for feedback on the exercise equipment. Are there pieces of equipment that never seem to be used or are in poor condition? Is there other equipment that should be considered that might be better suited for our residents? Are there other improvements that could be completed in the exercise room to encourage more use or make the time more enjoyable? Please contact the office with any feedback even if it is to state your satisfaction with the equipment and the room. We occasionally are offered exercise equipment that might be better than what we currently have. The information will also be helpful for future planning.

## *Save the Date!*

SRC will be hosting a shred event on Saturday, May 9. Watch the Ridge Reporter for more information and complete details on what is accepted to be shredded.

## ***Bus for Groceries***

The SRC bus travels to local supermarkets every Monday for grocery shopping. The bus leaves the Community Center at 10:30 AM. You are picked up in your section and dropped off at your door. To accommodate everyone's schedules, shopping time in the store is kept to under one hour.

For months with 4 Mondays, the schedule is as follows :



1<sup>st</sup> Monday – Landis

2<sup>nd</sup> Monday – Redner's

3<sup>rd</sup> Monday – Landis

4<sup>th</sup> Monday – ALDI (always the last Monday)

For months with 5 Mondays, the schedule is as follows :

1<sup>st</sup> Monday – Landis

2<sup>nd</sup> Monday – Redner's

3<sup>rd</sup> Monday – Landis

4<sup>th</sup> Monday – Redner's

5<sup>th</sup> Monday – ALDI (always the last Monday)

Please call the office to be placed on the list should you want to go on the bus. The bus is limited to 14 people.

## ***What Insurance Should I Have?***

Please make sure that the insurance you obtain as a resident is for contents only. We have come across 2 residents who have been paying insurance as if they owned the home. This unfortunately cost them thousands in unnecessary insurance costs. We understand typical contents insurance costs \$100 to \$150 yearly. If you are paying much more than this, consider calling your insurance agent to make sure they understand what insurance you require. The agent can call the office if more information is needed.

## ***The Census is Coming***

The U.S. Constitution mandates that a census be performed every 10 years. The first census was performed in 1790. The census not only determines the number of seats each state has in the House of Representatives but is used to determine such things as the allocation of certain funding and services.

According to the website [pa.gov/census](http://pa.gov/census), every household will have received their invitation to participate in the census. This year responses can be made by mail, phone or on-line. The staff is trying to coordinate a presentation from a Census representative to provide further information.





**KATIE MUTH**  
PENNSYLVANIA STATE SENATOR

**MOBILE OFFICE HOURS**

**4<sup>th</sup> Friday of Every Month**  
SANATOGA RIDGE COMMUNITY  
10 a.m. - 12 p.m.

## ***Words on Wheels Bookmobile***

The Bookmobile is here the 2<sup>nd</sup> & 4<sup>th</sup> Monday at 10 AM in the Community Center parking lot.



## ***State Representative Joe Ciresi – Satellite Office***

Representative Ciresi will be in the Game Room the 3<sup>rd</sup> Tuesday of every month from 10 AM to 12 Noon.



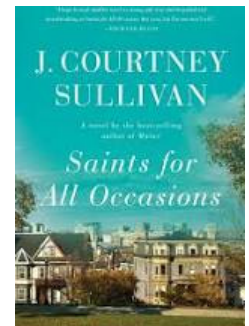
## ***Resident Committee Meeting***

The Resident Committee Meeting is Monday, March 2 at 9:30 AM in the SRC Auditorium. Prior to the meeting, join fellow residents at 9 AM in the Club Room for donuts, fruit, coffee, and tea.



## ***Book Club***

The Book Club meets the 1<sup>st</sup> Monday of each month at 2 PM in the SRC Dining Room. Winter Garden by Kristin Hannah will be discussed at the March 2 meeting. March's book will be Saints for All Occasions by J. Courtney Sullivan.



## ***Lunch Bunch***

This month's lunch bunch trip will be going to the Metro Diner in Pottstown on Friday, March 13. The bus and carpool will be leaving SRC at 11 AM. Please RSVP to the Office by Wednesday, March 11.



## ***Wii Bowling***

Competition continues Wednesday, March 18 at 2 PM in the Club Room.



## **Movie Matinee . . . “Lincoln”**

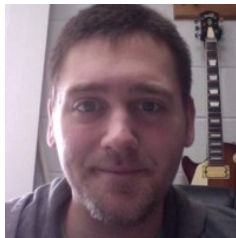
***Due to copyright rules, Movie Night is for residents only.***

“Lincoln” will be shown in the SRC Auditorium on Friday, March 20 at 1 PM. Doors open at 12:30 PM.

***Please note that there will be no intermission or snacks.***

If you would like to help set up the projector for Movie Night once a month, please contact June.

*The film focused on the final months of Lincoln’s life, including the passage of the 13<sup>th</sup> Amendment ending slavery, the surrender of the Confederacy and his assassination. Rarely has a film attended more carefully to the details of politics.*



## **Nick Garland –**

### **Wednesday, March 25 at 4 PM**

Nick Garland is Music Pastor at Berean Bible Church. He will entertain us with an ‘Elvis Gospel’ show in the Auditorium.

Pre-ordered Pizza will follow at 5 PM. Order at the office by Tuesday, March 24. The cost is \$2.00 per slice plain or pepperoni.

## **Game Night**

Join your neighbors for Game Night on Friday, March 27. Game night will start at 6 PM with a variety of table games to be played in the Club Room including Dominoes, Phase 10, Quiddler, Skip-Bo in addition to Wii Bowling. Not sure how to play? Don’t worry. We will show you how!

*Wawa hoagies will resume in April (after the winter months).*



## **Landscaping Meeting**

The next landscaping meeting will be held on Monday, March 30 at 4 PM.

# Keeping Busy

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## ***Grocery Shopping – Landis Supermarket, Redner's or ALDI***

Mondays at 10:30 AM. Call the SRC office to be placed on the list for pick-up.

### ***Card Club***

Mah Jongg Mondays at 1 PM – Club Room

Pinochle Thursdays at 2 PM – Dining Room

### ***Mexican Train Dominoes***

Tuesdays at 6 PM – Club Room

### ***Hooks & Needles***

1<sup>st</sup> and 3<sup>rd</sup> Thursdays at 1 PM – Club Room

### ***Sewing Club***

1<sup>st</sup> and 3<sup>rd</sup> Fridays at 9:30 AM – Sewing Room

### ***Book Club***

1<sup>st</sup> Monday at 2 PM – Dining Room

### ***Lunch Bunch***

2<sup>nd</sup> Friday at various restaurants in the area

### ***SRC Singers***

Practice Thursdays at 4 PM – Auditorium

### ***Wii Bowling***

3<sup>rd</sup> Wednesday at 2 PM – Club Room

### ***Movie Night or Matinee***

Various movies shown the 3<sup>rd</sup> Friday - Auditorium. Check the article for the movie and time.

### ***Representative Ciresi***

3<sup>rd</sup> Tuesday at 10 AM – Game Room

### ***Senator Muth***

4<sup>th</sup> Friday at 10 AM – Game Room

### ***Game Night***

4<sup>th</sup> Friday – Club Room

(Meal at 5 PM if applicable; Games at 6 PM)

### ***Computer & Social Media Discussion Group***

2<sup>nd</sup> Wednesday at 7 PM – Club Room.

### ***Yoga***

Fridays at 9:30 AM – Auditorium

### ***Liberty Bell Glass***

On Winter Hiatus. Meetings will resume in April.

### ***Vietnam Veterans***

2<sup>nd</sup> Tuesday at 7 PM – Dining Room

### ***American Legion***

4<sup>th</sup> Thursday at 7 PM – Club Room

### ***WOW Bookmobile***

Community Center Parking Lot 2<sup>nd</sup> & 4<sup>th</sup> Monday at 10 AM

### ***Bus Trips***

Various days throughout the month. Pay attention to RSVP dates – some fill up quickly. Watch who to make checks payable to for a trip. Feet mean amount of walking.

**No assigned seating on bus.**

**First come – first choice basis.**

***Roundtable Meeting  
Wednesday, March 11  
2 PM in the Auditorium.***

### ***Social Committee***

Monday, March 23 at  
2:30 PM in the Dining Room.

## ***Bus Trip Waiting List***

Even though the trip may be full, it's a good idea to get on the waiting list. You never know when a cancellation happens and a seat could open up.

### **Tuesday – March 10 – Taylor Backes & Lunch at Grind Restaurant**

Watch glass blowing demonstrations, order custom made lighting, architectural elements, recognition, and commemorative pieces, or select one of a kind glass and jewelry from their vast inventory in a relaxed setting.

Taylor Backes is a unique glass studio dedicated to the creation and production of fine, functional, architectural and sculptural designed. Their work is in the permanent collections of The Philadelphia Museum of Art, The American Craft Museum, The Corning Museum of Glass and the Smithsonian Institute.

Enjoy lunch at your own expense at Grind Restaurant.

**RSVP to the office Friday March 6**

LEAVE SRC: 10:30 AM

Cost: \$13.00

### **Thursday – April 16 – Mummer's Museum & Lunch at Bob Evans**

The Mummies Museum opened in 1976 as part of Philadelphia's celebration of America's Bicentennial. The Museum is dedicated to celebrating the tradition of Mummery in Philadelphia. Inside are costumes, oral histories, video and audio archives and even an exhibit to teach anyone how to "strut." The Museum is home to annual summer concerts and offers a gift shop to both in person and online visitors.

Enjoy lunch at your own expense at Bob Evans.

**RSVP to the office Friday April 10**

LEAVE SRC: 9:30 AM

Cost: \$10.00

### **Wednesday – April 22 – Sight & Sound Theatre "Queen Esther"**

***(This is a trip with AARP)***

Experience one of the most riveting Bible stories of the Old Testament as it comes to life with magnificent sets, special effects and live animals in this brand-new, original stage production!

Set in the opulent yet perilous Persian Empire, QUEEN ESTHER is a captivating tale of beauty and bravery. Esther's ordinary life changed forever when she was taken through the palace doors, entering a new world of royalty and risk.

Enjoy an included buffet meal after the show at The Eden Resort.

**RSVP to Carol Griffith (484-624-8314) by Tuesday, March 2**

LEAVE BEREAN BIBLE CHURCH: 9:00 AM

Cost: \$110.00 - Checks Payable to New Hanover Area AARP



### 11 Tuesday – May 5 – Consignment Shops of Lebanon & Lunch at Country Fare

Spend the day shopping at various consignment shops in Lebanon, PA.

Enjoy lunch at your own expense at Country Fare Restaurant.

**RSVP to the office Friday, May 1**

**LEAVE SRC: 9:00 AM**

**Cost: \$6.00**

### 111 Wednesday – May 13 – Chesapeake City, MD

**(This is a trip with AARP)**

Welcome to Historic Chesapeake City where you will have a wonderful day learning about this quaint Victorian Village.

- Self guided tour of C & D Canal Museum
- Buffet lunch at Schaefer's Canal House – Waterfront Dining
- Summer Breeze boat cruise with outstanding views from every seat!

**RSVP to Carol Griffith (484-624-8314) by Wednesday, April 1**

**LEAVE BEREAN BIBLE CHURCH: 8:30 AM**

**Cost: \$100.00 - Checks Payable to New Hanover Area AARP**

## What Did I Miss?



*Helicopter Museum*

<https://uncoveringpa.com/>

## *Visiting the Amazing Ringing Rocks Park near Pottstown, PA*

While there are many boulder fields scattered throughout Pennsylvania, there are very few that possess a very specific property: they ring when they are hit with a hammer. In fact, these fields are quite rare with only a handful known in the entire world. However, in Montgomery County, PA, you'll find Ringing Rocks Park.

Ringing Rocks Park is located in Lower Pottsgrove Township. This is one of three publically-accessible ringing rock fields in Pennsylvania. Not only are these fields incredibly beautiful, but they do indeed ring when you hit them with a hammer (Make sure you bring a hammer with you from home when you visit the park). The park not only features this great ringing rocks field, but also a baseball field, picnic pavilions and even a rollerskating rink.

The ringing rock field was figured discovered in the 1740s, making it the oldest documented of the three fields in Pennsylvania. For the next 150 years, it was somewhat of an attraction for locals, though it wasn't widely known.

In the 1890s, a group of local businessman created the Ringing Rocks Electric Railway Co. and started to build a small trolley park around the field. Over time, the park grew and both rides and an observation tower were added to the site.

In the 1950s, the park was purchased by the local fire department. They shut down the amusement park, but the area remained a popular spot for locals to visit.

The field here is only about 100 feet from the parking area, and the rocks on the edge of the field generally ring pretty well, meaning that almost anyone can visit the field and those that can't leave the car could see and hear someone hitting the rocks from the parking area.

Of course, while you don't have to go into the rock field to find ringing rocks, carefully walking through the rock field and banging on a variety of rocks is a ton of fun. As you move through the field, you may find a few duds, but overall, the rocks here ring really nicely, and it's fun to hit different rocks to hear different sounds.

If you happen to be having trouble finding rocks that ring, look for spots that have obvious damage from being hit by hammers. These spots are especially easy to find near the edge of the field.



If you are wondering why the rocks ring at the park, no one is quite sure. While significant testing has never been done, it has been shown that rocks removed from the field no longer produce an audible ringing noise. Because of that, it's thought that the sound is caused by a combination of the makeup of the rocks and the resonance of those rocks against the others around them.