

April 2025



SANATOGA RIDGE
COMMUNITY

RIDGE REPORTER



Offices Closed for Easter

The Offices will be closed on Friday, April 18th.
Trash and recycling will be picked up on
THURSDAY, APRIL 17 instead of Friday.

STAFF SPOTLIGHT



We are excited to share that Olivia Knarr has been promoted to Director of Sales!

Olivia has been a valuable part of our team for nearly two years, bringing energy and creativity to our marketing campaigns and introducing fun, engaging programs. We're thrilled to see her continue to lead our Sales Team and welcome new residents to SRC!

Please join us in congratulating Olivia on this exciting new chapter. Feel free to reach out and share your well wishes or words of encouragement.

Visitors Welcome!

Springtime is one of the busiest times for our Sales team with lots of people visiting our beautiful community.

You can help to accommodate our many visitors by remembering to park in an un-numbered space at the Community Center.

Please kindly leave the parking spaces marked *Sales* and *Reserved* for Sales appointments.

Thank you for helping to make our guests' experience the best it can be!



Here are just a few things to keep in mind this month:

Attic Service

- Attic service is a complimentary service we provide to our residents so that they do not have to climb the stairs.
- Attic service is scheduled for Tuesday mornings after the completion of trash collection
- The service is reserved for transport of things such as:
 - Seasonal items
 - Luggage
 - Holiday decorations
 - Etc.
- Residents are expected to be home at the time of service. If a resident is not home, their request will be skipped. *Please call the office if you have special circumstances that necessitate service at a different time.*
- Residents should put their requests in for attic service by Monday afternoon in order to be placed on the list.

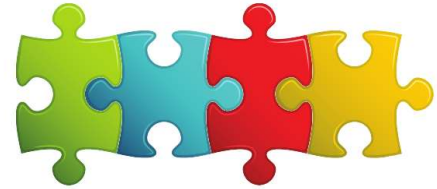


Garden Hoses

If you are purchasing a new garden hose for the season, please make sure it has **brass fittings**. Brass fittings will not corrode as easily making them more durable and less prone to problems.

Salt Bags

Please place your salt bag out with your trash for collection.



Books – Games – Puzzles

We have puzzles and games in the club room, salon/library and the game room. The puzzles vary by the number of pieces (300, 500, 1000).

Any donation of books, puzzles, or games should be given to the office, and we will make sure they are distributed accordingly.

Thank you in advance for your donation(s).

Feeding Wildlife

- To avoid attracting various rodents and other unwanted animals, please do not leave bread or any other food outside. This includes feeding stray cats.
- Bird feeders should be placed some distance away from your house or apartment to avoid attracting rodents or other unwanted pests.



Here are just a few things to keep in mind this month:

Uninvited Visitors ... Did You Know?

Worms try to avoid drowning during rainstorms by making their way into some unusual spaces. After a good downpour, you may find them setting up temporary residence under your doormat or other, similar spaces. They can even make their way under the small space under a door seal into your home.



To help deter these wiggly critters, you can place some salt under your doormat! Not only will it dry it out some, but the increased salinity of the mat will keep the worms at bay.

Just remember – due to their aeration and fertilization of the ground, we have worms to thank for all the beautiful spring flowers!



Let's Get Out and Walk!

Walking has numerous physical and mental health advantages. Grab a friend and take a walk through our charming community!

Pick up a map from the office showing a variety of different length trails.

County Refrigerator Card

Refrigerator Card Information

The Refrigerator Card is a bright orange 5x8 card that holds essential personal and medical information for each resident. It was created after a New Jersey Sheriff's Department found that many seniors needing emergency assistance lacked accessible information.

How It Works:

- Complete one card per resident, including personal and doctor information on the front.
- List all current medications with dosage and frequency on the back.
- Keep the completed card on the refrigerator.
- Emergency responders in Montgomery County are aware of the card and will ask for it when responding to calls.

Need a Card?

Pick one up at the office or the Salon area of the Community Center.

IMPORTANT



INFORMATION

Responding to a Fire Alarm

Stay Calm and Act Quickly:

- 1. Know Your Exit:** Be aware of the nearest fire exit at all times.
- 2. React Immediately:** Stop what you are doing and move toward the nearest exit. Do not gather belongings.
- 3. Move in an Orderly Fashion:** Do not run or panic. Leave lights on to help firefighters see.

Safety Precautions:

- 4. Check Doors for Heat:** Use the back of your hand to feel for heat before opening a door. If it's hot or there's smoke, find another route.
- 5. Close Doors Behind You:** This helps contain the fire and prevents smoke spread.

Evacuation Guidelines:

- 6. Do Not Use Elevators:** Always take the stairs. If assistance is needed, wait in the stairwell.
- 7. Stay Low in Smoke:** Crawling helps you see and breathe more easily.
- 8. Move to Safety:** Stay a safe distance from the building, ideally across the street.

Await Instructions:

- 9. Do Not Re-Enter:** Wait for the official "all-clear" from firefighters or staff.



- | | |
|--------------|----------------|
| 5 - Joan H | 12 - Kay G |
| 6 - Carol M | - 15 - Vicki S |
| Norman H | Elsie T |
| 7 - Frieda N | 16 - Ronald V |
| 8 - Ronald G | Anna W |
| Cheryl H | 22 - Linda B |
| 9 - Sharon K | 23 - Ted M |
| 10 - Gwen H | 24 - Judy K |
| Katie W | 25 - Mary K |
| 11 - John C | 27 - Debbie K |
| Rich R | 30 - Jean D |



- 5 - John & Lucy K
- 20 - Randy and Debbie K
- 22 - Allen & Sarah M



With
heartfelt

Sympathy

Our thoughts and prayers are with the family at this difficult time.

Alma N

Resident since 2015

Jim R

Resident since 2021

Welcome
to the neighborhood



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

Pat F
from Virginia

***Resident Committee Meeting
Monday, April 7 at 10:00 AM in the SRC Auditorium.***



Did you know that we have a thriving active adult center just minutes from here?

Located at 288 Moser Road in Pottstown, the **TriCounty Active Adult Center** is a modern facility offering a daily hot lunch and nearly 100 social, recreational, educational, and exercise programs each week. A professional staff is always available to answer questions, assist with forms, and provide guidance.

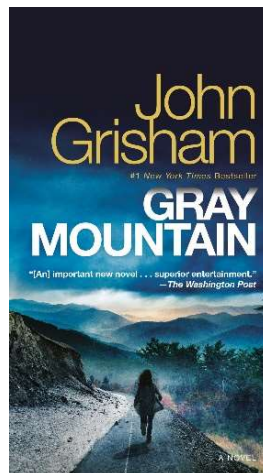
If you don't already attend some of their many functions and helpful services, why not give it a try! Many of our residents are actively involved in the center and have made amazing friendships as a result. It's a great way to stay active and be involved with other people with similar interests.

Visit their website here: <https://tricityaac.org/>

Book Club

Monday, April 7 at 2 PM

- April 7th – Gray Mountain,
by John Grisham
- May 5th – Paradise Under Glas,
by Ruth Kassinger
- June 2nd – Someone Else's Shoes,
by Jojo Moyes



Contact Jeanette Granger for more information.



State Motto: Virtue,
Liberty, and Independence

State Bird: Ruffed Grouse

State Tree: Hemlock

State Flower: Mountain

Laurel

State Animal: The Whitetail
Deer

State Dog: Great Dane

State Insect: Firefly

State Beverage: Milk



PA Mountain Laurel

Pennsylvania is a commonwealth, meaning for the “well-being of the public”.



Bus Drivers Needed!

- Do you enjoy helping others?
- Do you like participating in outings?
- Have you ever considered volunteering to drive our residents on one of the many bus trips scheduled throughout the year?

We are looking for more drivers! Our current drivers have faithfully served our residents for many years, and we are grateful for their dedication.

Requirements:

- Clean driving record
- Willingness to participate in bus trips throughout the year

If you are interested in this wonderful opportunity, please let us know! Call the office to speak with Katie or Michele for full details. We can't wait to hear from you!

Rummikub Thursdays @ 6PM

Meets in the Dining Room weeks 1-3.
Meets in the Game Room or the Club Room on week 4.

Join us!!



Lunch Bunch The Library @ Collegetville

217 E Main St, Collegetville

Located on the left-hand side just past Ursinus College and across from the Collegetville Diner

Friday, April 11 at 11:30AM

If you are paying by cash at the restaurant, please bring smaller bills/change.

Carpool Only this month.

The carpool will leave Berean Bible Church Parking lot at 11:15 AM.

RSVP by Tuesday, April 8.



Did you know? The PA state fossil is *Phacops Rana*.

Weekly Activities Schedule

Mondays:

- **Dominoes**, 8 PM
- **Book Club** (1st Monday), 2 PM
- **Bible Study** (2nd Monday), 2 PM
- **WOW Book Mobile** (2nd & 4th Monday), 10 AM

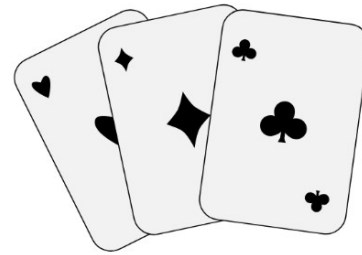
Tuesdays:

- **Mahjong**, 2 PM
- **Chair Yoga**, 3:30 PM
- **Vietnam Veterans** (1st Tuesday), 7 PM

Wednesdays:

- **Floor Yoga**, 9:30 AM
- **Ladies Bible Study** (1st & 3rd Wednesday), 3 PM
- **Needlecrafters** (2nd & 4th Wednesday), 3 PM

CANASTA



Fridays, 6 – 9PM in the Dining Room

Try your hand at this classic card game! Join us on Fridays – everyone is welcome!

Friday Night Socials

Spring Friday Night Socials for 2025 have yet to be scheduled.

We need YOU!!

Please contact the office to arrange to sponsor a Friday Night Social for the community. If you want to participate, please contact the office for details or they will put you in touch with others who have successfully hosted these events! Let's work together to have some fun right here at Sanatoga Ridge!!

Though I do not believe that a plant will spring up where no seed has been, I have great faith in a seed... Convince me that you have a seed there, and I am prepared to expect wonders.

~ Henry David Thoreau

Balloon Volleyball

Saturday, April 12 from 2 – 4PM

The weather forced us to cancel Balloon Volleyball in February. But we have scheduled another opportunity for everyone to enjoy the game! Please join us in the auditorium and be part of a great indoor sport.

Want to help set up? We'd love that!
Come early at 1PM.

Bring a bottle of water to stay hydrated.

Can't wait to see you there!!!

Weekly Activities Schedule

Thursdays:

- **Coffee Hour**, 9:30 AM
- **Pinochle**, 2 PM
- **Rummikub**, 6 PM
- **Circle of Support** (1st Thursday), 11 AM @ BRC
- **American Legion** (4th Thursday), 7 PM

Fridays:

- **Pickleball**, 9 AM
- **Lighten Your Path Yoga** (1st & 3rd Friday), 10:30 AM
- **Canasta**, 6 PM
- **Friday Night Social** (1st Friday)

Saturdays:

- **Bingo Addicts** (2nd & 4th Saturday), 10 AM

Gratitude Corner
TODAY I AM
THANKFUL FOR ...



Drop us a note!

Gratitude is contagious ... Let us know what you're thankful for! We'll share it in the next Ridge Reporter!



Did you know? The PA state fish is the brook trout, the only trout native to PA.



Coffee Hour

Thursdays @ 9:30 AM

Friends bring happiness into your life. Best friends bring coffee.
~ Anonymous

Coffee. Tea. Good Company.

Located across from the dining room in the Community Center, **Carol's Cafe** was dedicated in honor of Carol Dickenson who shared the SRC vision and served its residents for many years. Her selfless love of others continues to inspire residents to gather together in friendship.

Residents gather weekly in the **Dining Room** for Coffee Hour. **All residents are welcome!** Brew your coffee in Carol's Cafe or bring your special blend with you from home! Bring a snack to share - or - just come as you are and enjoy the good company!



Brown Bag History

**Military Flags of
Early American Wars
Monday, April 28 at 12 Noon**

Historical reenactor and lecturer Michael Jesberger presents an educational program on the various military flags of early American fighting forces and the brave men who carried them into battle. Featuring reproduction battle flags, this program will share the many stories of triumph and tragedy surrounding these "Banners of Glory."

Please RSVP by Friday, April 25

Nolde Forest Presents:

**SEEDS
Tuesday, April 29 at 1PM**

- Join Nolde Forest for a hands-on science program all about seeds.
- Learn about these mysterious bundles of plant code and their ingenious methods for travel!
- After your lesson, test your own creativity with a seed engineering challenge!
- Prizes will be awarded to the most industrious seed designs!

Please RSVP by Friday, April 25

Keystone Fact: The Declaration of Independence and the United States Constitution were both created and signed in Pennsylvania. Due to its early, pivotal role in our nation's development, PA earned the nickname, The Keystone State.



SRC Shredding Event
Saturday, May 17
From 9AM to 12 Noon

Stay tuned for additional details!

American Red Cross Blood Drive

Tuesday, May 13 – 2 to 7 PM

Register online at www.RedCross.org



**American
Red Cross**

Bus Trips

LEGEND FOR AMOUNT OF WALKING

Little
Walking



Plenty of
Walking

- Sign up with the Office
- RSVP by deadline
- Limited seating
- At least 10 participants needed for SRC Bus trips
- **Payment is due at time of sign up and is by Check Only (Payable to SRC)**



Wednesday, – April 16 – PA German Cultural Heritage Center

The Pennsylvania German Cultural Heritage Center is an open-air folklife and indoor museum and research center dedicated to preserving and celebrating Pennsylvania German folk culture, history, and language in a unique educational setting at Kutztown University. Lunch at your own expense at Ozgood's Neighborhood Grill.



RSVP to the Office by Friday, April 11

LEAVE BEREAN PARKING LOT: 9:30 AM

Cost: \$6.00

LEGEND FOR AMOUNT OF WALKING

1 Little Walking



Plenty of Walking

- Sign up with the Office
- RSVP by deadline
- Limited seating
- At least 10 participants needed for SRC Bus trips
- **Payment is due at time of sign up and is by Check Only (Payable to SRC)**

Wednesday, May 14 – Mid Atlantic Air Museum

1 Join us for a guided tour of The Mid Atlantic Air Museum. Established in 1980, by father and son Gene and Russ Strine, both accomplished aviators in their own right, around the acquisition of a rare Northrop P-61 Black Widow night fighter. The rare P-61 had crashed high atop Mt. Cyclops on the island of New Guinea in January of 1945.

The Strines had always dreamed of establishing a museum but not with such lofty goals as retrieving a WWII fighter off the top of a 7000-foot mountain in the middle of the Pacific. Some 40 years later, the Mid Atlantic Air Museum flourished with a collection of 125 aircraft, memorabilia displays, archives, as well as a membership base of more than a thousand people, including that Northrop P-61 Nightfighter that the Strines successfully recovered.

1 **RSVP By Monday, Monday, May 5**

LEAVE BEREAN PARKING LOT: 9:15 AM

Cost: \$14.00

11 Sunday, June 8 – Steel River Playhouse – “Mary Poppins”

Enjoy a Sunday afternoon to see a wonderful performance, “Mary Poppins” at the Steel River Playhouse in Pottstown. Dinner following the show at Villa Catering Italian Restaurant, 474 Swamp Pike, Schwenksville.

RSVP to the Office by Monday, May 19

LEAVE BEREAN PARKING LOT: 1:15PM

Cost: \$21.00

New Hanover AARP Trips

Checks Payable to:
“New Hanover AARP”

Details posted on the Library Bulletin Board.
RSVP to Carol Griffith (484-624-8314)

11 Tuesday, June 17 – River Lzady Lunch Cruise and Historic Smithville Village, Toms River, NJ \$125

Wednesday, July 16 – A Mystery Trip \$125

Wednesday, August 13 – Totem Pole Playhouse, “Beautiful – The Carole King Musical” \$140