

May 2025

RIDGE REPORTER

Welcome May: A Time for Growth, Gratitude, and Connection

As we step into the beautiful month of May, we are reminded of the fresh energy that spring brings. Everywhere you look, new life is blooming — in the gardens, in the trees, and even in the smiles we share with one another. It's a wonderful time to slow down and appreciate the simple things: the warmth of the sun, the sound of birds singing, a friendly hello from a neighbor. These small moments, often easy to overlook, are the heart of a life well-lived.

May is also a good opportunity to check in with ourselves and each other:

- Take a walk and enjoy the beauty around you.
- Pick up the phone and reconnect with an old friend.
- Try something new — whether it's attending an event, joining a group, or just striking up a conversation with someone new.
- Take time to rest and refresh your spirit.

Let's continue to make Sanatoga Ridge a place where kindness grows, laughter is shared, and every resident feels at home.

We are so grateful for each of you — your spirit, your stories, and the way you make our community truly special.

Here's to a beautiful month ahead, filled with hope, joy, and good memories in the making!





Offices Closed Monday, May 26

Honoring Memorial Day - Memorial Day is a time to honor and remember the brave men and women who gave their lives in service to our country. As we gather with family and friends, let us pause to reflect on the sacrifices made so that we can enjoy the freedoms we cherish today.

STAFF SPOTLIGHT



Welcome, Hank!

We are excited to introduce Hank Bonenberger as our new **Grounds Manager** and a valuable addition to our leadership team. Hank brings 19 years of experience from Skippack Township, where he managed crews and served as Township Road Master. His wide range of skills has already made a positive impact in our community. Down-to-earth and easy to get to know, Hank enjoys trout fishing and spending time with his 11 grandchildren. Please join us in giving Hank a warm welcome!

Celebrate Older Americans Month!

May is **Older Americans Month!** Led by the Administration for Community Living (ACL), the 2025 theme is *Flip the Script on Aging*. This month is a time to celebrate the strength, wisdom, and contributions of our senior community. This year's theme highlights the importance of staying socially connected and engaged.

Throughout the month, we encourage you to:

- Attend community events and activities
- Share your stories and experiences about the power of connection
- Explore the many benefits that social interaction brings to overall health and happiness

Let's honor and uplift one another — because staying connected keeps us strong!

Quick Tip: Friendships aren't just nice — they're *necessary*! Staying social helps you live longer, happier, and healthier.



Freshening up for Summer!

- **Power Washing of Homes:** Throughout the summer, staff will be power washing homes **as needed** based on evaluations by the Grounds Manager. Homes or apartments with more noticeable buildup will be prioritized. If you have already paid to have your home power washed and prefer to opt out, please notify the Office.
- **Front Porch Handwashing:** Staff will also be **handwashing front porches** over the summer months. *Please remember:* Pressure washing is **not permitted** on front porches, as it can damage window seals, paint, and may cause water intrusion into the home.



- **Window Washing for 2nd Floor Apartments:** Window cleaning for second-floor apartments is scheduled for the **first two weeks of June**.

Spring Shrub & Grounds Updates

As spring kicks into gear, our Grounds Team is hard at work assessing shrubs and bushes across the community. We know many of you have been eager to see improvements, and we appreciate your patience as we work through a thoughtful and organized plan.

Here's what you can expect:

- **Community-Wide Assessments:** Grounds will be evaluating shrubs throughout SRC and BRC in the coming weeks. If you've submitted a request, thank you—we are taking everything into account!

- **Arb Concerns:** Many residents have raised concerns about overgrown Arborvitaes. Our team is developing a long-term plan to address them. Please know this will take time due to the scale of the issue.

- **A Proposal Option:** If you'd like to replace or add shrubs beyond what the community typically provides, we're happy to help! We'll offer a proposal outlining the cost, so you can move forward with your personal landscaping preferences while the community budget stays on track.

- **Communication is Key:** If you report a concern, our team will assess it and do our best to follow up within 48 hours with next steps.

Thank you for working with us as we continue to care for the beauty and health of our shared outdoor spaces!

A five-minute chat can brighten someone's entire day — maybe even your own!

☀ Helpful Summer Reminders

🔌 Vent Settings:

Open **top return vents** and close **bottom vents** for better A/C efficiency. (These vents simply move the air.) Need help? Call the Office!

🌿 Garden Clippings:

Leave garden clippings out with your trash on **Tuesdays or Fridays** — no bags or recycle bins, please! Our Grounds Team will collect them for composting.

❄ Air Conditioner Check:

Test your A/C before the first hot day! Running it early helps it cool more efficiently and avoids system strain. (refer to article)

🐜 Pest Control Tip:

Seeing ants or minor insects? Keep insect spray handy. For bigger issues after treatment, contact Moyer or Hyres Pest Control. (Remember: SRC covers termite, carpenter ant, and carpenter bee infestations.)

Stay Cool: Air Conditioner Tips for the Season



Warmer days are on the way! A few simple steps can help keep your home comfortable all summer long:

- **Test your air conditioner early.** Turn it on before the first hot day to make sure it's working properly.
- **Turn it on ahead of heat waves.** Running the AC the day before a hot spell helps it cool your home more efficiently.
- **Keep it consistent.** Leave your system on during warm weather or set your thermostat at a steady, comfortable temperature.
- **Need help?** If you notice any issues with your unit, call the office — we'll be happy to assist!
- Stay ahead of the heat and enjoy a cool, comfortable season!

DRIVING SAFETY REMINDER

Warmer weather means more walkers and drivers out and about!

Please **STOP and LOOK** at all stop signs to keep our community safe.



Fun Fact: Laughter really is *good medicine* — connecting with friends and sharing a good laugh can lower stress and even boost your immune system!

POA & Emergency Contact Information

Life is always changing — and it's important that we have your most up-to-date information on file. Every resident should have the following on record with the Office:

- **Power of Attorney (POA)**
- **Emergency Contact Information**
- **Current Phone Numbers**

A **Power of Attorney (POA)** is a trusted person you choose to step in and help with important matters if you're ever unable to manage them yourself — like handling decisions about your home. If you would like more information about POA, you may pick up a pamphlet at the Office.

If we don't have the right information, we may not be able to reach your emergency contact or help with important next steps when you need it most.

Making sure your records are current protects your security, gives you peace of mind, and makes sure your wishes can be honored quickly and easily.

If anything has changed recently, please give us a call or stop by — we're always happy to help!

Did you know?
May's birthstone is the emerald.
May's birth flowers are Hawthorn and Lily-of-the-Valley.



Rent Rebate Program

Pennsylvania's Rent Rebate Program is now open! If you are interested in applying, please call the Office to request a form. You will need to complete your personal and financial information and submit it to the state — either by mail, through Representative Joe Ciresi's office, or with help from a financial or tax advisor.

General Info:

- **Application deadline:** June 30th ;
- **Eligibility:** Applicants must be 65 or older OR a widow or widower 50 or older;
- **Income:** Household income must be \$46,520 or less annually;
- **Max rebate:** \$1000
- **Required Info to apply:** Proof of age, proof of income; proof of rent paid (the Office fills out the rent information.)

When calling the office, please allow about a week for us to complete your form before checking your mail slot.

Celebrate Connection: Each hello, smile, and conversation builds a stronger, happier community — one moment at a time.

Happy
Mother's
Day

Sunday, May 11

**Celebrating You This
Mother's Day!**

Today we celebrate the love, strength, and kindness that mothers and mother-figures bring into our lives. Whether you are a mother, a grandmother, an aunt, or a cherished friend, your care and encouragement make the world brighter.

Wishing you a beautiful day filled with joy, gratitude, and warm memories!

A Mother
is
Like a
FLOWER
each one is
BEAUTIFUL & UNIQUE

LIBRARY NEWS

We have been receiving many donations of interesting books in the library. We have also been able to trade some extra copies for others at the used bookstore. New books are placed on the shelves to the right next to the DVDs until they are borrowed and then they will go in with the other books.

New additions you might want to check out

include: Books by local author, June McInerney, who writes novels about the history of Phoenixville including books on the Colonial Theater, the Columbia Hotel, Phoenix Hose, Hook & Ladder, Phoenixville during WWII, and the Schuylkill Monster. We have also accumulated 12 books by Clive Cussler which are adventure type stories, and we have a copy of the latest best seller by Kristin Hannah – “The Women” which is a novel about nurses in the Vietnam War. All the above are in the Fiction section of the library but there are also new additions in the biography, history, and miscellaneous sections.

We have also received many large print books that have added two more full shelves to that group.

If you have any questions about the library or specific items you would like added, please contact Nancy.





HAPPY BIRTHDAY

- 3 - Roberta
Lauren
- 11 - Ruth
- 12 - Kenneth
- 14 - Linda
- 15 - Pat
- 17 - Shirley
- 18 - Larry
- 23 - Elbert
Dave
- 24 - Joanne
- 25 - Mary
- 29 - Pat
- 30 - Floss
Pat

May Weather

"A warm January, a cold May." May acts as the bridge between spring and summer, hinting at warmer weather for those still stuck in spring's grasp while heating things up for those already well on their way.

<https://www.almanac.com/content/month-may-holidays-fun-facts-folklore>



- 9 - Joe & Kathy
- 11 - Carl & Mae
- 20 - Dennis & Barbara
- 23 - Elbert & Pat 26
John & Barbara



With
heartfelt

Sympathy

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

Lynda
Resident since 2022

Welcome
to the neighborhood



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

Daniel
from Schwenksville

May Full Moon

May's full Moon, called the **Flower Moon**, appears on Monday, May 12, reaching peak illumination at 12:56 P.M. (EDT). It will be below the horizon at this time, so for the best view of this full Moon, step outside on the night of the 12th or the 13th and look for that big, bright, shining lunar disk!

<https://www.almanac.com/content/month-may-holidays-fun-facts-folklore>

Resident Committee Meeting
Monday, May 5 at 10 AM in the SRC Auditorium.

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:

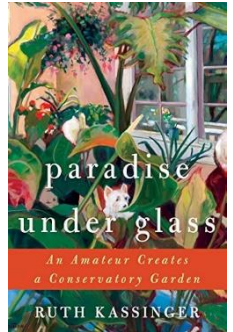
- **Mahjong**, 2 PM
- **Chair Yoga**, 3:30 PM
- **Vietnam Veterans** (1st Tuesday), 7 PM

Wednesdays:

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

Book Club **Monday, May 5 at 2 PM**

- May 5th – Paradise Under Glass, by Ruth Kassinger
- June 2nd – Someone Else's Shoes, by Jojo Moyes
- July 7 – The Midnight Library, by Matt Haig
- August 4 - Eleanor Oliphant is Completely Fine by Gail Honeyman
- September 1 – Tom Lake by Ann Patchett
~we will be meeting on Labor Day~
- October 6 – The Women by Kristen Hannah



Contact Jeanette for more information.

Friday Night Social **Friday, June 6 at 6 PM**

Maybe this is the time to try a Friday Night Social! It's a chance to meet and talk with your neighbors while enjoying great snacks – and cake. 😊

- June hosts: **Link and Nancy**
- Bring a snack to share and the beverage of your choice.
- If you don't have time to get/make a snack, come anyway! There'll be lots of food!

Did You Know?

Studies show that trying something new, even a small hobby or club, can refresh your brain and boost your energy at any age.

Ladies Bible Study 1st & 3rd Wednesdays

- There will be **no** meetings in May.
- Bible Study will resume on June 4th with an afternoon Tea from 2-3 PM. *Please bring sweet and savory finger food; veggies, crackers, cheese, etc. to share.*
- We will take off for the month of August and resume in September.



Lunch Bunch
Dienner's Country Restaurant
2855 Lincoln Hwy E, Souderburg PA

Friday, May 9 at 12 Noon

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

The SRC Bus will be available for \$3 per person
(for the driver) due at sign-up.

The bus and carpool will leave Berean Bible
Church Parking lot at 10:45 AM.

RSVP by Wednesday, May 7

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
- **Canasta**, 6 PM
- **Friday Night Social** (1st Friday)

Saturdays:

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

“Anyone who keeps the ability to see beauty never grows old.”
— Franz Kafka

BROWN BAG HISTORY

SATURDAY, May 10 at Noon

Historical reenactor and lecturer Michael Jesberger presents a program on the Revolutionary War soldier – his life on the march, in camp, and in battle. Complete with the equipment, uniforms, and personal items of a soldier, this presentation will give you a better understanding of the role of the common soldier in the American Revolutionary War. Come join the “Glorious Cause” in this interactive and educational program!

Open to the Public!

Please RSVP by Friday, May 9



**American
Red Cross**

AMERICAN RED CROSS BLOOD DRIVE

Tuesday, May 13 – 2 to 7 PM

Register online at www.RedCross.org

You may also contact Cheryl for questions or assistance with registration.

ENTERTAINMENT IS BACK!

Spring Street Songsters

Thursday, May 15 at 3PM



**The Songsters Are Back—
By Popular Demand!**



Get ready to be serenaded! Our very own local vocalists are returning to fill the Community Center with music and joy. You won't want to miss this special performance—mark your calendar and come sing along!

PIZZA! Get together after the performance for pizza. **Sign up at the office** for your slice of the pie!

Prices per slice (checks only please):

- Plain: \$2.75
- Pepperoni: \$3.25



Did You Know? Older adults who stay socially active have a lower risk of depression and cognitive decline.



SRC SHRED EVENT & OPEN HOUSE

SATURDAY, May 17 from 9AM – 12 Noon

- **LIMIT:** 4 boxes or less per person (box size 12"x15"x10").
- Enter by the Pool .
- Grocery Bags are acceptable; please do not tie bags in knots.
- We encourage the use of reusable plastic containers. You will be instructed to take your boxes home with you.
- Our Model Home, G-13, will be open for viewing.
- Refer to flyer posted in the CC for more details.

Open to the Public!



Vehicle Branding Alert!

Keep an eye out for our newly branded SRC vehicles cruising through the community! You'll notice the fresh SRC logo proudly displayed. Be sure to give our team a wave and a warm hello when you see them out and about!

VERIZON BINGO *Friday, May 16 at 1PM*

Join us for an exciting game of **BINGO** hosted by **Melissa from Verizon** – a familiar face who's been helping many of our new residents get connected. Melissa loves our community and is excited to meet even more of you in person!

Great PRIZES include:

- Wawa Gift Cards
- Verizon Prizes
- Mugs & Stanleys
- Sunglasses & Towels
- ...and more surprises!

Don't miss this fun-filled event — it's a fantastic way to meet Melissa, enjoy time with neighbors, and maybe win something great!

Please RSVP by
Wednesday, May 14



“The longer I live, the more beautiful life becomes.”
— Frank Lloyd Wright

SAVE THE DATES!

Water Aerobics

- @ **Sanatoga Swim Club**
- Tuesdays, Thursdays, and Fridays at 6:30PM (one hour before closing)
- First class to be announced – stay tuned!

Bus Trip to Nolde Forest

- Wednesday, July 9
- Stay tuned for more details!

SRC Resident Committee Summer Picnic

- Wednesday, July 30
- Berean Bible Church Fellowship Hall



SAM Luncheon

Monday, May 19 at 11AM
at Berean Bible Church

- SAM: *Senior Adult Ministry*
- Everyone is invited to attend the SAM luncheon!
- Start by enjoying some patriotic entertainment presented by Kristy Karuso.
- Enjoy a FREE meal after entertainment.
- Wrap up with a few remarks by Nick Garland.

Many residents attend the SAM luncheon each month at Berean where the people are friendly and encouraging! Come on out and see what you've been missing!

Making a Difference, Staying Connected

Many of our residents generously give their time through volunteer work—both here at Sanatoga Ridge and in the greater community.

Volunteering not only keeps you active and engaged but also brings a deep sense of purpose and fulfillment. It's a wonderful way to connect with others and make each day meaningful.

If you're currently volunteering or would like to get involved, we'd love to hear from you! Stop by the office to share your story or learn about opportunities to lend a hand.

Connection Tip: Sharing a meal with a friend isn't just fun – it can boost your mood and even improve your health!

Entertainment: **American Idol for Seniors** *Thursday, May 29 at 4PM*



Come out to see what it's all about! Join us for this new favorite that is sweeping other senior communities in our area!

Jan Mohan with Young at Heart Entertainment has brought this show to thousands of seniors over the past several years. Watch faces all over the auditorium come to life as the music begins. It's a show you won't want to miss – A musical review for the Young at Heart!

Mr. Softee is Back!!!!

- **When:** 3rd Wednesdays at 2PM
- **Where:** SRC CC Parking Lot
- **Who:** Everyone!!



Flag Day Celebration *Saturday, June 14*

- **When:** Saturday, June 14 from Noon – 3PM
- **Where:** Court B
- **Who:** All Residents and their families are invited.

Join us for a fun-filled afternoon of games and outside activities with your fellow residents! There will be games, chairs to sit on, flags to wave, and even an opportunity to salute our flag as we honor this patriotic day!!

HEALTHY STEPS FOR OLDER ADULTS *A Program to Prevent Falls* **Tuesdays: June 10 and 17** **10AM – 2PM**

Have fun and learn what steps you can take to prevent falls. This program is designed to raise participants' fall prevention knowledge and awareness, introduce steps they can take to reduce falls and improve their health and well-being, and provide referrals and resources.

Two 2-hour workshop sessions:


- Preventing Falls
- Staying Active
- Home Safety

**Please RSVP by
Tuesday, June 3**



“Do not regret growing older. It is a privilege denied to many.”
— Unknown

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 trip
- **Payment is due at time of sign up and is by Check Only (Payable to SRC)**


BUS TRIP COMMITTEE – A Heartfelt THANK YOU!

Each month, a devoted group of residents meets in the Community Center to plan exciting bus trips for our community. Many have volunteered on this committee for years, generously giving their time to research destinations, make phone calls, coordinate logistics, and bring our SRC adventures to life.

Their dedication, teamwork, and passion help create memorable experiences for all who participate. These ladies go above and beyond, and we are truly grateful for their efforts.

Thank you for making our journeys so special!

Wednesday, May 14 – Mid Atlantic Air Museum

-  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.

RSVP By Monday, Monday, May 5

LEAVE BEREAN PARKING LOT: 9:15 AM

Cost: \$14.00

LEGEND FOR AMOUNT OF WALKING

1 Little Walking

1111 Plenty of Walking

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

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

11 Thursday, July 10 – Mt. Gretna Playhouse – “Million Dollar Quartet”

On December 4, 1956, an extraordinary twist of fate brought Johnny Cash, Jonny Lee Louis, Carl Perkins, and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam sessions ever. Relive the era with an incredible score of rock n’ roll, Gospel, R&B, and Country hits performed live on stage by world-class actors and musicians. Lunch at your own expense.

RSVP to the Office by

LEAVE BEREAN PARKING LOT: 10 AM

Cost: \$37

New Hanover AARP Trips

Checks Payable to:
“New Hanover AARP”

Details posted on the Library Bulletin Board.
RSVP to Carol

Wednesday, July 16 – A Mystery Trip \$125

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

Wednesday, September 3 – Dutch Apple Dinner Theatre – “The Buddy Holly Story” \$130

Details posted on the Library Bulletin Board

Wednesday, October 1 – Ace in the Hole at the Brownstone – “Octoberfest”

Wednesday, November 18 – American Music Theatre – “Deck the Halls”

Enjoy the little things, for one day you may look back and realize they were the big things.

- Robert Brault



The Sanatoga Ridge Bucket List

Your Challenge: How Many Can You Complete?

In keeping with this month's theme to stay connected and engaged, take time to pursue your passions, keep learning, and share your experiences with others. Take the challenge!

How many can you check off before summer ends?

- Attend an event you've never tried before.
- Invite a neighbor for coffee or tea.
- Take a peaceful walk to the pond or gazebo.
- Try a new hobby — even something small!
- Watch a sunrise or sunset from your porch.
- Volunteer for a resident committee or event.
- Sit outside and listen to the birds.
- Visit a neighbor you haven't seen in a while.
- Write a thank-you note to someone.
- Share a favorite recipe with a friend.
- Try a new puzzle, craft, or game.
- Take a few photos of spring flowers.
- Leave a kind note for a staff member or neighbor.
- Learn something new — a tech tip, a fun fact, or a new skill.
- Celebrate a small victory each day!

A large clipboard with a decorative top. The text "My Bucket List:" is written at the top, followed by ten horizontal lines for writing.

Make this season one to remember — one small adventure at a time!