

June 2022

RIDGE REPORTER

Please submit items to be included in the July Ridge Reporter to the office by Friday, June 17.



Save the Date!
September 17
Drive-Through Shredding Event
Details to follow!

Driving Safety Reminder – Did You Know?

Did you know SRC actually has 3 entrances to the community from High Street? We have the main entrance, an entrance near Wee Care, and an entrance near Sanatoga Swim Club.

When leaving our community, it is hard to make a left hand turn (sometimes even a right hand turn) onto High Street from the main entrance.

It is much easier making turns onto High Street if you use the entrance by Wee Care or Sanatoga Swim Club.

Sunday, June 19 is Father's Day.
We'd like to wish all of our fathers
a Happy Father's Day!

*Dad, Your guiding hand on my shoulder will
remain with me forever. ~Author Unknown*

*Happy
Father's
Day*



Reading Fightin' Phils

Sunday, June 19 (Father's Day)

Thanks to the generosity of a local company, SRC is the recipient of 20 free tickets to the R-Phils baseball game on June 19.

Please stop by the office to pick up the tickets.

Trash Reminder

If you take items to the trash dumpsters (e.g., boxes, larger items, etc.), please place them **IN**, not next to, the dumpster.

The trash removal company needs access to that area for trash removal. Failure to comply has a ripple effect (loss of trash removal by company, dumpsters overflowing for our internal trash removal, and scheduling issues for removal by trash company).

Items for Maintenance and Landscaping

Many times our staff is approached with maintenance or landscaping items that need to be addressed while they are completing other tasks. While we would like to handle the issue right away, our policy is for you to call the Office to report these items. Your item is logged into our database which allows for proper staff assignment and tracking the status.

Items To/From Attic or Basement

As a courtesy service, we provide the moving of items to/from the basement or attic on Tuesdays after trash pickup. Please call the office by Noon on Mondays to be placed on the list.

PECO – Power Outages

Power outages are more prevalent in the area during the summer months. Typically, power outages affect more than one home. If you have experienced a power outage in your home, check with your neighbors, to see if they are also experiencing loss of power. If both homes are out of power, call PECO directly.

Each resident (home) needs to report an outage to PECO directly when one occurs. Call: 1-800-841-4141

Perhaps “neighbors can check on neighbors” who might need help calling PECO to report the power being off.

Have a back-up plan if you have medical equipment that requires electric (e.g., oxygen). You will still have water during a power outage.

Mechanical Room Storage

The equipment in the mechanical rooms need to be accessible by our staff and contractors. Please refrain from using it as a storage area. As homes are going through the refurb process and being resold, yellow tape is being placed on the floor to indicate the space which needs to be accessible.

Microwave Ovens

We Care About Your Safety!

As a reminder, when using your microwave oven please keep the following safety guidelines in mind:

- Re-heat or cook foods for the recommended times
- Only use dishes labeled as “microwave safe” in your microwave oven
- Using metal and aluminum foil can damage your microwave oven and also create sparks which may cause a fire
 - Do not put metal dishes or utensils in the microwave
 - Do not use aluminum foil in the microwave

Locking House Windows

We recommend locking all of your windows for safety purposes as well as for energy efficiency. When the windows are locked, it creates a tighter seal on the house, improving efficiency when using your Heating/AC systems.

Check it Out . . . Bulletin Board in Library

There is a glass case bulletin board in the Salon area. It is on the wall to the right as you enter the area for DVDs. This bulletin board will be used by the Office to post seminars and information relevant to the Community.

U. S. Mail

Please make sure you are using the entire address on your U.S. Mail. Remember to include your house number. If you do not include your house number, the mail may not get delivered to you in a timely fashion or at all. If your house number is between 1 and 9, do NOT include the zero. For mailing purposes, F-6 is correct; not F-06.

Your Name Goes Here
2461 E. High Street, Apt A-123
Pottstown, PA 19464

Occasionally, mail gets delivered to the wrong resident. If this occurs, please let them know you received their mail.

Front of Home Siding Cleaning

While many residents desire to have the siding of their homes fully power washed annually, it is not something that can be provided as a free service to all residents, due to the finances involved, as well as the staffing time required. The residents' desire for their houses to look clean is understood by the staff. The staff also understands the potential physical limitations of some residents in cleaning the exterior of their homes.

We will have summer staff clean the siding of front porches by hand brushing and the use of a garden hose. There will be no charge for this service. While it is understood that some residents already paid for their homes to be professionally power washed, this process is not expected to result in the same degree of cleaning that comes from a power washer. This program is optional to residents. **Should a resident desire not to have this free cleaning performed, please call the office by Friday, June 10.**

For those who desire the free cleaning, the following are important to understand:

- To be able to perform this task at all the homes at SRC and BRC, time is limited to approximately 30-45 minutes per home. The intent is to remove as much surface dirt and pollen from the front porch, siding and porch railings within that time period.
- Porch items will be moved only as necessary to clean the house surfaces and railings. The items will not be removed from the porch during the cleaning process.
- Concrete porches and walkways will not be cleaned.
- While special care will be taken to limit the amount of soap and water that flows onto windows, the summer staff will not be able to clean windows resulting from any residue left on the glass due to the process.
- Dawn dish detergent will be used in the cleaning process. Per the manufacturer, the risk of adverse effects on the environment is considered small.
- Spraying of front doors will be kept to a minimum to limit the potential for water seepage into the home.

If a resident is concerned with any of the above, they should opt out of the cleaning.

The cleaning will start on vacant homes. Assuming no problems develop, the cleaning will occur on a Court by Court basis. Advanced notification of when various residential Courts will be cleaned will be made via postings at mailboxes.



Veterans!



We are planning an Honor Wall, a place set aside within the Community Center to remember and honor those who served.

We have had a great response to our Veteran Information questionnaire! If you have not already done so, please stop by the office window to fill out an information form letting us know you or your spouse have served in the military. Thank you!

Christmas in July!



SRC is hosting **CHRISTMAS IN JULY** this year! We will be supporting a local Veterans' organization, **Veterans Brotherhood**, by collecting financial donations to help veterans in need. Refer to this month's newsletter insert for more information. Thank you in advance for your participation in this wonderful opportunity to help people in the surrounding community!

See flyer for information on the presentation being held TUESDAY July 5 at 11 AM.



CANCELLED *Due to lack of participation*

We regret to inform our residents that the Redner's Prepared Meals program has been discontinued due to a lack of participation. We wish to thank those residents and staff who participated in the program. We are grateful to Redner's Markets for developing this program specifically for our community and for their continued support.

Please note the following resources that are still available:

- **Redner's** continues to have prepared meals available for purchase in the refrigerator case near the deli department. The selections vary from week to week and include a variety of salads.
- In addition to Redner's meals, **Landis Markets** also offers a varied selection of prepared meals in their deli department.
- **Bause Catering** delivers to our communities.
- Several **Delivery services** deliver to our area including: **Instacart, Shipt, and PeaPod.**
- Most markets now offer **curbside pickup** as an option for shoppers.

Grocery Trips to Landis Market

Due to lack of participation, there will be no grocery trips to Landis Market using the SRC bus.



Walking, Riding, Driving Safety Reminders

We would like to remind you this is an active retirement community with walkers, joggers, & bike riders.

We are a family-friendly community and love when residents have children, grandchildren, great-grandchildren and friends visit. Some reminders:

- Bicycles are allowed on the roadways – NOT on the sidewalks.
- Be aware that a resident exiting their garage may not see you until it is too late.
- Be aware of oncoming traffic when approaching a turn or intersection.
- Skateboards or roller blades are not permitted on our grounds.
- Guests (or guest children with adult supervision) are permitted to ride bicycles.
- Children must be accompanied by an adult when visiting the community center.

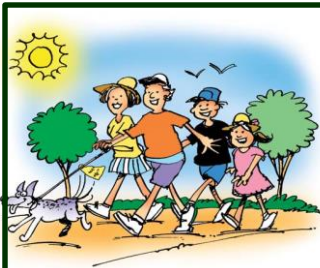
Children (and walkers) visit our grounds from neighboring communities. It is nice to know they feel safe in our community. However, we need to keep our residents safe too. Should you observe these visitors causing damage, threatening the safety of our residents, or other inappropriate activities, do not approach the person. Instead, please call the police to report the incident.

These guidelines help make our community safer for our residents and visitors.

Friendly Pet Reminder

Please be courteous to your neighbors and do not allow your dog(s) to “relieve” themselves on buildings, shrubbery/mulch or lawn ornaments. Pets must be under full personal control of an adult at all times and kept on a leash when outside.

Thank you for your cooperation.



Ticks

Now that the warmer weather has arrived, your outside activities may have increased. Remember to check yourself for ticks if you were gardening, walking in a park, or through wooded trails.



Happy Birthday!



- 8 Ed
- 9 Bob
- 13 Jean
- 15 Dottie
- 21 Ginny
- 21 Barbara
- 22 Larry
- 23 Doris
- 24 Richard
- 26 Ernie
- 27 Paul
- 30 Jeanette



Happy Anniversary!

- 6 Gwen & Bill
- 11 Bob & Millie
- 14 John & Florence
- 15 Michael & Virginia
- 19 Ken & Debbie
- 24 Donald & Linda
- 25 Charles & Betty
- 26 Paul & Ruth
- 27 David & Jean
- 27 Ed & Dianne



Welcome To The Neighborhood!

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

Nancy & Don
from Emmaus, PA

Pat from
Punta Gorda, FL



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

Jeanne
Resident since July 2004

Did you know . . .

June's full Moon, the full Strawberry Moon (the ripening of "June-bearing" strawberries that are ready to be gathered), occurs on Tuesday, June 14. It reaches peak illumination at 7:52 A.M. (EDT) that morning!

This full Moon is also the first supermoon of 2022. A supermoon is the point at which the Moon is closest to Earth. June's full Moon stands at 222,238.4 miles (357,658 km).



Donna & Richard's Farm Stand

Starting Monday, May 30 at 8:30 AM

Donna's Farm is back again this year with her fresh fruits and vegetables on Monday mornings at 8:30 AM in the Court "N" Pavilion. Strawberries are available now (\$4 per quart; \$2 per pint). Strawberries and other vegetables will be available throughout the summer. Please call Nancy if you have any questions.

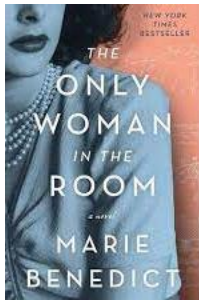
Game Night

Friday June 3 at 6 PM

Join your neighbors for Game Night on Friday, June 3 at 6 PM in the Club Room upstairs! We play a variety of board games, card games, and we can also practice for Wii Bowling. If you have a favorite game, feel free to bring it along. Not sure how to play? Don't worry. We will show you how!

Resident Committee Meeting

Monday, June 6 at 9:30 AM in the SRC Auditorium.



June 6

Book Club

Monday, June 6 at 2 PM

The Book Club meets the 1st Monday of each month at 2 PM in the SRC Dining Room. *The Only Woman in the Room* by Marie Benedict will be discussed at the June meeting. July's book will be *And Then There Were None* by Agatha Christie.

Contact Jeanette for more information.



July 4

Field Trip to Tri County Active Adult Center (TRAAC)

Wednesday, June 8 at 9:30 AM

Join us on a field trip to visit TRAAC. We'll tour the Center and see all the classes, trips, meals, activities, exercises, and assistance that it offers! You don't need to be a member! Bus leaves Berean Church parking Lot on Wednesday, June 8 at 9:30 AM and returns around 11:30 AM. RSVP by Monday, June 6. First preference given to those who attended the TRAAC informational seminar on May 19.

While there, you can sign up for TransNet, a Montgomery County bus service that will bring you to the center for free, and then back home again. TransNet will also deliver you to doctor's appointments, the dentist, physical therapy, and just about anywhere in Montgomery County! You can also sign up for a TransNet bus pass by calling TRAAC at 610-323-5009.

Balance Screening

For those who registered, a RSVP confirmation slip will be in your mail slot with details for our Balance Screening performed by licensed physical therapists Tri County Home Health & Hospice.

Falls Prevention Seminar

Thursday, June 9 at 11 AM

Feeling a bit unsteady on your feet? Montgomery County Office of Senior Services is hosting a practical, informational presentation on how to prevent falls as you go about your everyday life. Open to the public! Bring a friend! Held in the Auditorium on Thursday, June 9 at 11:00 AM in the Dining Room. RSVP by June 8.



Lunch Bunch

Red Lobster

Friday, June 10 at 11:30 AM

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

The SRC Bus will be available for a fee of \$3 (check only) per person for the Bus Driver payable at sign-up.

The bus and carpool will leave the Berean Bible Church Parking lot at 11 AM. RSVP by Tuesday, June 7.



Bible Study

Monday, June 13 at 2 PM

Bible Study will be held on Monday, June 13 at 2 PM in the SRC Dining Room. The study will be headed up by Franklin, lead pastor at Providence Church of the Brethren in Royersford. Pastor Franklin is originally from Nigeria, and he welcomes this chance to meet you.



Ice Cream and Treats!

Mr. Softee will bring the ice cream truck to SRC Community Center parking lot on the 3rd Wednesday of each month through the summer!

(Accepting Cash and Credit Cards)

You can't buy happiness. But you can buy ice cream and that is pretty much the same thing. ~

Unknown

Come out and join the fun with your neighbors on Wednesday, June 15 at 2 PM! Invite your family and friends. Enjoy Mister Softee ice cream and treats in the Community Center parking lot!

Ladies' Night +1 – No Boys Allowed!

Thursday, June 16 at 6 PM

We all know how much ladies love to talk! Hosted by Sales & Marketing, join us for a "gathering of girls," for no other reason than to get out and socialize and bring everyone together! Bring a friend from outside the community, or a neighbor from your Court and join us for a night of fun and laughter while making new friends! Iced Tea and Lemonade will be served. Feel free to bring a snack to share. No boys allowed! This will be a monthly event, held every third Thursday of the Month. Come every month, or just once in a while! Held in the SRC Dining Room on Thursday, June 16 at 6 PM. RSVP for yourself (or you and your +1) by Wednesday, June 15.



Documentary – “Lucy and Desi”

Friday, June 17 at 2 PM

Join us on Friday, June 17 at 2 PM in the Dining Room to watch the Documentary “Lucy and Desi” on the Big Screen TV. You can bring a snack, a pillow for your chair and brew coffee or tea in Carol’s Café if desired.

American Red Cross Blood Drive – Friday, June 17

We are excited to hold an American Red Cross Blood Drive on
Friday, June 17 onsite at SRC!

Now open to the public! Blood supply has significantly diminished during COVID. Please consider giving the gift of life at our American Red Cross Blood Drive. Especially needed are blood types A-, B-, O+, and O-. Held in the SRC Auditorium on Friday, June 17 from 10:00 AM – 3 :00 PM. Appointments are necessary; register online at www.redcrossblood.org by Thursday, June 16.

Social Committee

Monday, June 20 at 3 PM

Join the Social Committee on Monday, June 20 at 3 PM in the Dining Room to help coordinate dates for activities and trips. If you are interested in helping or leading any activity, new or old, come out and let us hear from you!

Grief Support Group at Buchert Ridge Community Starting Thursday, June 23 at 11 AM

Join a small group of people your age who have also experienced a loss recently. Professional Bereavement Counselor Chris Stein of Brookdale Hospice will facilitate the sessions and offer support. **Space is limited** - Group size is intentionally kept small. Group meets for 3 sessions in the BRC Community Center on the following Thursdays at 11 AM on June 23, 30, & July 7. RSVP by Monday, June 13.



Spring Street Songsters

Tuesday, June 28 at 2 PM

Spring Street Songsters will perform in the Auditorium at 2 PM on Tuesday, June 28. They are a 20-member chorus from the Boyertown Community Center at Spring Street.

Water Aerobics at Sanatoga Swim Club

Tuesday, June 28 at 6:30 pm

Beginning Tuesday, June 28 at 6:30 PM, Jean will conduct Water Aerobics at Sanatoga Swim Club.

Water Aerobics will be on Tuesdays and Thursdays at 6:30 PM. Contact Jean for more information.

Hospice: What It Is, What It's Not

Wednesday, June 29 at 1 PM

It's a hard topic to talk about. Many are not really clear what it is exactly, or its purpose. What is it? Where is it? Who determines if it's needed, or when it's needed?

If you have any of these questions, or someone you love has a significant illness, join Chris of Brookdale Hospice for this informational presentation to educate yourself on what hospice involves, the varying levels of assistance available, and get the facts. Held in the SRC Auditorium on Wednesday, June 29 at 1 PM. Open to the public! Bring a friend! RSVP by Monday, June 27.



Healthy Steps In Motion Class

Tuesday, July 12 at 11 AM

Evidence-based Falls Prevention exercise program strives to reduce the risk of falling by building body strength, increasing flexibility, and improving balance. Taught by certified workshop leaders, it is designed for seniors 60+ of all fitness levels.

Class begins with a warm up, followed by strength and balance exercises, and ends with a cool-down stretch. Exercises are modeled so participants can continue Healthy Steps in Motion long after the class ends.

The one hour class is held in the SRC Auditorium and begins on Tuesday, July 12 at 11 AM, and runs for 8 sessions: July 12, 19, 26, August 2, 9, 16, 23, & 30. First and last class will be 90 minutes for physical assessments. Class size is limited. RSVP by Thursday, June 30.

Outside Games



With the warmer weather, we can participate in some of our Outside Games. We have Horse Shoes, Muckers, Corn Toss and Bocce Ball. If you are interested in playing, contact Ed. Games are typically played near the Community Garden located near Court "G".



SAVE THE DATE!

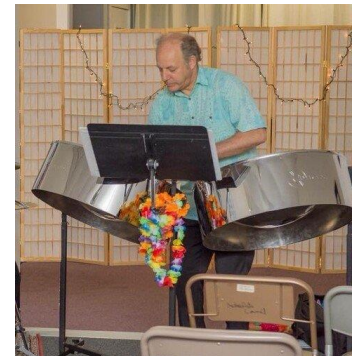
SRC Summer Picnic

Friday, August 5 at 4:30 PM

No Cost for those who have paid their dues.

Island Theme with entertainment by
Trinidad North Steel Drums.

More details in the July Ridge Reporter



Wii Bowling

Starting in September, Wii Bowling will be held on the 3rd Wednesday of each month. If you would like to sign up to be a player or a sub, contact Joe.



Words on Wheels – 2nd Monday

Monday, June 13 at 10 AM
SRC Community Center Parking Lot

Dominoes

Mondays at 6 PM - Club Room

Yoga

Both chair yoga and floor yoga classes weekly – Auditorium

TUESDAY – CHAIR
3:30 PM

WEDNESDAY – FLOOR
9:30 AM

Hooks and Needles

1st Tuesday at 2 PM – Game Room



Vietnam Veterans

1st Tuesday at 7 PM - Dining Room



American Legion

4th Thursday at 7 PM - Dining Room

Coffee Hour (and Tea too!)

Thursdays at 9:30 AM – Dining Room



Pinochle

Thursdays at 2 PM – Dining Room

Sewing Club

1st & 3rd Fridays at 9:30 AM – Sewing Room



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)**

111

Tuesday – June 21 – Pearl S. Buck National Historic Landmark

The Pearl S. Buck House, a National Historic Landmark Museum in Bucks County, PA, was the home of Pearl S. Buck and her family. The beautiful and iconic Bucks County farmhouse contains a rich, intact collection from the extraordinary (the typewriter on which she wrote “The Good Earth”) to the ordinary (a closet full of board games her family played). The grounds of the estate also contain her gravesite, greenhouse and award winning gardens. Lunch at your own expense at The Perk

RSVP to the Office by Wednesday, June 15.

LEAVE BEREAN PARKING LOT: 10:00 AM

Cost: \$16.00



Save the Date

Friday – July 29 American Treasure Tour

New Hanover AARP Trips

Checks Payable to:
“New Hanover AARP”

Details posted on the Library Bulletin Board.
RSVP to Carol

1

Tuesday – June 14 – Chesapeake City, MD

The day begins at Schaefer’s Canal House ...

RSVP to Carol by Friday, May 13

LEAVE BEREAN BIBLE CHURCH: 9:30 AM

Cost: \$90.00

1

Wednesday – July 20 – Totem Pole Playhouse “Beehive”

The day begins with a family style meal at Hickory Bridge Farm ...

RSVP to Carol by Monday, June 20

LEAVE BEREAN BIBLE CHURCH: 8:45 AM

Cost: \$100.00

Save the date:

Thursday, August 11 – The Shore Club in Spring Lake, NJ
“The Heavenly Concert – Elvis & Patsy Cline:

Meet Your Neighbors

Submitted by Joe

Kathy & Joe

Joe and Kathy were married on May 9, 2015 at Faith Community church in Brookhaven, PA. Kathy had many friends and family in Delaware County who attended and Joe had 2 busloads of people from SRC and other friends and family who had never heard of Brookhaven, but they came to witness the event.

Joe had been raised on a dairy farm in Amityville, graduated from Daniel Boone High School with 80 students where his favorite subject was shop. He served his country in the Army in Viet Nam. He always loved working with his hands and this led to a 32 year career at Neapco as Master Toolmaker.

Kathy was raised in the suburb of Collingdale, PA in Delaware County. She graduated from Archbishop Prendergast, an all-girls high school where there were 1,000 girls! Her favorite subject was math, which led to her career as a Computer Programmer and Project Manager. She retired from Blue Cross in 2008.

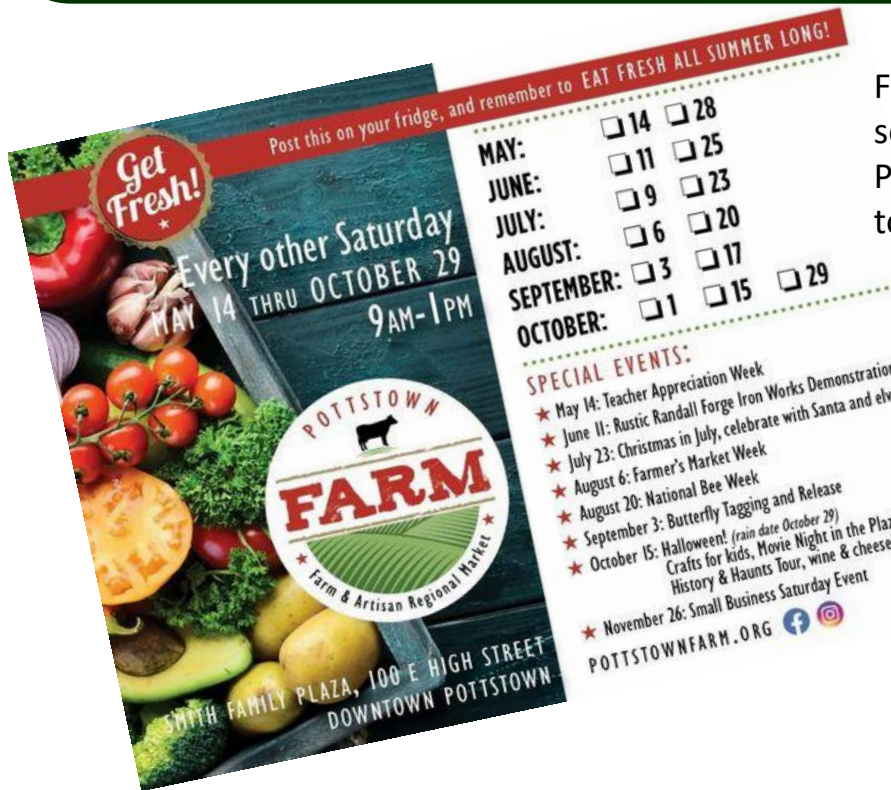
Joe had been alone for 7 years and had moved to SRC to be part of a community. Kathy had been single for 25 years, and moved to an in-law's quarters to be close to her family. Each of them were happy, but both were longing to find someone to spend their golden years with. So, they each turned to their computers: Christian Mingle.

Kathy saw Joe's profile, a Christian man who attended church and prayed daily. So she sent him a "smile". Joe responded "Where in the world is Brookhaven?" and the communication began. Although their backgrounds are very different, they shared the same values and interests. Their first date was at Cutillo's and many more dates followed. They spoke on the phone most nights, and always ended with a prayer. They traveled to Cape May and also Niagara Falls to see if they could get along for several days, and it went well. Kathy was looking for a barrel to put Joe into and send him over the falls, but none could be found (hahaha).

Joe proposed to Kathy on her birthday, December 20, 2014, and she said "YES". After the wedding, Kathy moved into SRC to be Joe's wife. He introduced her to over 100 people and she couldn't remember who was who at first. And Kathy was surprised by the culture here, eating Fastnacht the day before Ash Wednesday. She had never heard of this, and also eating pork and sauerkraut on New Year's Day. This was never done in Delaware County. And the humor here was very different. So, their first year had many adjustments.

Joe has a son, a daughter, and 6 grandchildren. Kathy has 2 sons and 6 grandchildren, so there are an even dozen, plus 3 great-grandchildren. Trying to blend the families together takes special effort since they live in different directions.

Ask them about their trip to the Holy Land and Joe floating in the Dead Sea!



Focusing on fresh, locally grown, sourced, and creative products to Pottstown. More than 30 vendors to participate on a regular basis.

Take a stroll down memory lane on High Street. Visit local business and enjoy live entertainment!



Lower Pottsgrove Township Summer Concert Series Sundays 6 PM (Weather Permitting)

No reservations required. Bring the family, a beach blanket, or chair and enjoy a night of family-friendly concerts under the stars at the Sanatoga Band Shell.

For more information call the Township Administration Office at

610-323-0436 ext. 207.

www.LowerPottsgrove.org



- June 26 – Where’s Pete
- July 10 – Flamin’ Dick & The Hot Rods
- July 17 – Bill Koss Combo
- July 24 – Stephanie Grace
- July 31 – Carnaby Street
- August 7 – Pottsgrove Community Band