

RIDGE REPORTER

New Staff Member

We are excited to welcome **Jared** as part of our maintenance/on-call staff. Jared grew up in the area and is a volunteer at our local fire company.

Welcome Jared!

Fond Farewell

It is with much sadness that we must say goodbye to **George**. He was part of our refurb and on-call staff. He joined a large construction firm to increase his career opportunities. *We will miss him and wish him well!*

Driving Safety Reminder – Did You Know?

Did you know SRC 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.

GRATITUDE CORNER ... Quotes from Residents

Do you have something you are especially grateful for?

Gratitude is contagious - Let us know!



- I am so glad that we moved to SRC. We love it here! -KD
- I love living at SRC! -KH
- I'm thankful for my sunroom. We have a table in there where 8 to 10 people can sit comfortably. It's fun to entertain family and neighbors in there especially on sunny days. -KK
- We would like to express our gratitude to SRC/BRC Staff for their hard work in keeping our communities a beautiful, peaceful, and safe place to spend our golden years. -LLB

Trash Reminder

All trash bags must be tied when placed outside for collection. In addition, please crush plastic bottles (e.g., gallon jugs for milk or water).

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 the ability to track the status.

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 their power being off.

All residents should have an emergency back-up plan in case of a power outage. This is especially true for people who use supplemental oxygen or nebulizers to help with breathing issues. A backup plan could include calling a family member or friend, going to a family member’s home until the power has been restored, or making arrangements with a neighbor to check in on you. Additionally, affordable personal backup power supplies are available from multiple sources.

Mechanical Room Storage

The equipment in your mechanical room needs 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.

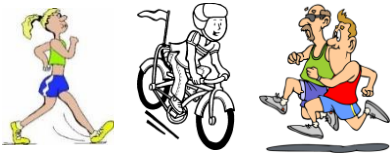
We will have summer staff clean the siding of front porches by hand brushing and the use of a garden hose. There will be no charge for this service. While it is understood that some residents already paid for their homes to be professionally power washed, this process is not expected to result in the 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 9.**

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 followed by cleaning homes on a Court by Court basis. Advanced notification of when various residential Courts will be cleaned will be made via postings at mailboxes.



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
- 20 Gail
- 21 Ginny
Barbara
- 23 Doris
- 26 Ernie
- 27 Paul)



Happy Anniversary!

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



Welcome To The Neighborhood!

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

Sheila

from Bridgeport, CT



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

**Thomas Resident since
June 2021**

Sunday, June 18 is Father's Day.
We'd like to wish all 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*

Words On Wheels Book Mobile

2nd & 4th Monday at 10 AM

The W.O.W. Book Mobile will now be coming to SRC twice each month! They have a vast selection of materials available for you to borrow. You can let them know which books you would like and they will bring it out on their next visit!



Where: SRC Community Center Parking Lot

When: 2nd & 4th Monday of each month (10–10:30 AM)

Donna & Richard Landis Farm Stand

Monday Mornings at 8:30 AM

Donna Landis (Donna & Richard Landis' Farm) is back again this year with her fresh fruits and vegetables on Monday mornings at 8:30 AM in the Court "N" Pavilion. Please call Nancy if you have any questions.

Outside Games!

Thursdays at 6 PM

- Croquet, Bocce Ball, Horseshoes, Ladder Ball, Cornhole and More!
- Looking for something to do this summer?
Looking to meet some new people? Come out to the Community Garden for some outdoor fun!
- There are picnic tables and shade.
- Thursday evenings at 6 PM
- No RSVP needed – just come out and enjoy!



UPCOMING PUBLIC EVENTS

Watch Ridge Reporters for More Information

July 6 & 20	Circle of Support at BRC McMenamin Rec Center
July 13	Brown Bag History: The Revolutionary War - An American Soldier
July 17	American Red Cross Blood Drive
July 20	Find Your Fitness Factor with Fox Rehab: Free Fitness Screenings
August 3 & 17	Circle of Support at BRC McMenamin Rec Center
August 3	Brown Bag History: The Revolutionary War in Montgomery County, PA
August 4	The BRAIN: Keeping it Healthy Part 1 of 3
August 17	Find Your Fitness Factor with Fox Rehab: Workout Session & Smoothie Tasting
August 25	BINGO!

**REMEMBER TO WEAR YOUR NAMETAG FOR RESIDENT
EVENTS/ACTIVITIES!**

Please contact the office should you need a new nametag.

Wii Bowling

Congratulations to the Wii Bowling winners for the season:

- ***Winning Team:*** The Blue, composed of Steve, Nancy, Joe, and Kitty
- ***Top Score:*** Both Steve and Kitty earned top score of 202
- ***Most Improved Bowler:*** Steve
- Thanks to all who participated, and special thanks to Alan and Carol for Subbing.



The Brain Series Part 3: Strategies for Supporting Someone with Alzheimer's & Dementia

Friday, June 2 at 1 PM

Using the Senior Gems Quick Reference Guide developed by Teepa Snow and Senior Helpers, Jessica Speroff discusses easy to apply techniques and strategies to help make the days smoother for your loved one with dementia and you. Also discussed are additional resources, evaluations, and levels of care available to your family. Open to the public. **RSVP by Thursday, June 1.**

Monthly Friday Night Social

Friday, June 2 at 6 PM

Come join us on Friday, June 2 at 6 PM in the 2nd floor Club Room. Get to know your neighbors. Perfect for newcomers and seasoned residents alike!!

This month, see a live demonstration that is an effective, inexpensive, easy way to light the back of your home.

Bring a snack to share if you like!!

Resident Committee Meeting

Monday, June 5 at 9:30 AM in the SRC Auditorium.



June 5

Book Club

Monday, June 5 at 2 PM

- June 5 “Orphan Train” by Christina Baker Kline
- July 3 “Wish You Were Here” by Jodi Picoult

Contact Jeanette for more information.

Parkinson’s 101

Wednesdays, June 7 & June 14 at 11 AM

Bryan Fioriglio of Family Caregivers Network presents a two-part educational series on Parkinson’s Disease. Part 1 will discuss what Parkinson's is, the early onset and late symptoms of the disease, how it is diagnosed, its genetic component, and why family health history is important. Also discussed are the latest treatments and clinical trials, and how individuals and family members can participate in them. You will leave with tips on how to manage its long-term effects and maintain a positive quality of life. Part 2 highlights the importance of exercise therapy and activities as part of the treatment plan. We discuss the LSVT Big and Loud program and its benefits over regular therapy, and why all Parkinson's individuals should participate in an outpatient program. Resources on local outpatient programs are provided. Other resources promoting activity and exercise important to the treatment plan such as Dance for Parkinson's and Rock Steady are also shared. Open to the public. **RSVP by Tuesday, June 6.**

Brown Bag History:

***“The Revolutionary War: The Conflict Ignites
at Lexington and Concord”***

Thursday, June 8 at 12 Noon

Bring your lunch and learn about history! Historian Michael Jesberger, who brought us the presentation on the Legend of Sleepy Hollow, presents a new lunch and learn series running June through November. Bring your lunch along and enjoy his historical presentations & slide shows while eating. Join other history buffs and meet a few new friends! Mark your calendar for the next dates in the series: July 13, August 3, September 14, October 12, and November 9. Open to the public.

RSVP by Wednesday, June 7.



Lunch Bunch

Anna Marie's on Main Street (Birdsboro)

Friday, June 9 at 11:15 AM

*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, June 7.

Home Health Care Panel:

Navigating the Different Levels of Senior Care

Tuesday, June 13 at 11 AM to 1 PM (Lunch and Learn)

Join us for an informative catered Lunch & Learn hosted by Chestnut Knoll Assisted Living. While you're healthy and unrushed now, learn who to turn to if a higher level of home health care is needed later, as well as a wealth of information, and contact names of resources used by our own residents. Representatives from local care options for seniors include Chestnut Knoll (Assisted Living), Chestnut Knoll at Home (Private Duty Nursing at Home) Fox Rehabilitation (Rehab at Home (OT/PT/ SLP)), Accent Care Inc. (Skilled Nursing at Home), and Encompass Health (Post-Hospital Intensive Inpatient Care). Open to the public in the SRC Dining Room.

Catered lunch provided. RSVP by Tuesday, June 6.

Find Your Fitness Factor with Fox Rehab:

Hydration without the Hassle

Thursday, June 15 at 2 PM

Learn about importance of staying hydrated and easy ways to add more fluids throughout the day by adding watermelon, cucumber slices, tomatoes, radishes, and lettuce. Learn the water content in each, and how adding a few per day can raise your water intake. Fun and tasty! Hosted by Keystone Villa and Fox Rehab. Open to the public in the SRC Dining Room. **RSVP by Wednesday, June 14.** Mark your calendar for the next dates in the series: July 20, August 17, and September 21.

Girls' Night Out

Thursday, June 15 at 6 PM

Welcome Summer with us and meet the ladies of Sanatoga Ridge and Buchert Ridge! What better way to get to know 70 new friends and to learn about our community? Hosted by SRC-BRC Sales & Marketing Team in the SRC Dining Room. Open to friends both inside and outside the community! **RSVP by Wednesday, June 14.**

AARP Smart Driver Class

Monday, June 19 and Tuesday, June 20 at 1-5 PM both days

Refresh your driving skills & potentially save on car insurance! Cost: \$20 AARP Members/ \$25 Non-Members for the 8-hour course. Open to all drivers. Hosted in the SRC Dining Room. **Please RSVP in person at the SRC Main Office with your payment (check made out to AARP Smart Driver Class) and your driver's license by Tuesday, June 13.**

AARP Smart Technology Class

Tuesday, June 20 at 10:00 AM – 11:30 AM

Have you bought a new car in the last few years? This free mini-workshop (separate from the AARP Smart Driver Class) reviews all the new “smart tech” features newer cars have, such as smart headlights, adaptive cruise control, blind spot warnings, and others! Learn all that your new car can do to help keep you safe! Open to the public in the SRC Dining Room. **RSVP by Monday, June 19.**

Water Aerobics at Sanatoga Swim Club

Tuesday, June 20 at 6:30 pm

Beginning Tuesday, June 20 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 for more information.





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

Ice Cream and Treats!

Wednesday, June 21 at 2 PM

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)

Come out and join the fun with your neighbors! Invite your family and friends. Enjoy Mister Softee ice cream and treats in the Community Center parking lot!

BINGO!

Friday, June 23 at 1 PM

Join us to play everyone's favorite game! Grab your friends and snacks, and come play for fun! Sponsored in the SRC Dining Room by Susan Knoble & Keith Hildenbrand of Home Instead.

Space limited to 40 participants. **RSVP by Wednesday, June 21.**

Entertainment: Dean Garofalo

Friday, June 23 at 4 PM

Dean Garofalo will be crooning tunes of famous singers of days gone by in the Auditorium on Friday, June 23 at 4 PM.

Dean is a true professional whom you must not miss!

Downsizing Your Home and Other Moving Tips

Saturday, June 24 at 9:00 AM – 10:30 AM

Do you have friends who are moving soon? Let them know about this great workshop! Jules Bechthold of Weichert Realtors Neighborhood One discusses strategies for emptying your home in preparation to move: what to keep, what to sell, what to donate, what to discard.

RSVP by Friday, June 16.

SRC Resident Picnic ***Wednesday, June 28 at 12:30 PM***



- Celebrate the Red, White, and Blue with us!
- All residents *who paid their 2023 Resident dues* are invited to attend the annual SRC Resident Picnic on Wednesday, June 28 at 12:30 PM.
- The picnic is being held at the Berean Bible Church Fellowship Hall.
- We will enjoy a delicious picnic lunch together!
- Registration begins at 12:30 PM. Meal begins @ 1:30 PM.

RSVP A MUST BY THE DEADLINE – NO EXCEPTIONS

RSVP deadline: Friday, June 9

- Sign up to attend and get your ticket at the office.
- Be sure to bring your ticket with you for admission.
- Make sure you wear your name tag.
- Residents should use the side parking lot and entrance.
- Residents bringing a dish to share:
 - Please cut your dessert and
 - Clearly label your dish if it contains nuts OR is gluten free.



Healthy Steps in Motion Exercise Class

Monday, July 10 11 AM

Brought to you by our favorite instructors Tracey, Dawn and Claire of Montgomery County Office of Senior Services, this favorite exercise class meets every Monday for 8 weeks in the auditorium. Runs July 10 – August 28. Class size limited to 18 participants. **RSVP by Friday, June 30.**

Words on Wheels

Book Mobile

2nd & 4th Monday at 10 AM

Book Club

1st Monday at 2 PM
Dining Room

Friday Night Social

1st Friday at 6 PM
Club Room

Dominoes

Mondays at 6 PM
Club Room

Bible Study

2nd Monday at 2 PM
Dining Room

Circle of Support

1st & 3rd Thursdays at 11 AM
BRC McMenamin Rec Center

Pickleball

Wednesdays at 5:30 PM
Fridays at 9 AM
Sanatoga Swim Club

Walk with Us

Tuesdays & Wednesdays at 1 PM
Community Center Flagpole

Outdoor Games

Thursdays at 6 PM
Community Garden

Yoga

Chair – Tuesdays at 3:30 PM
Floor – Wednesdays at 9:30 AM
Auditorium



SRC Singers

Hooks and Needles

1st Tuesday at 2 PM
Game Room



Vietnam Veterans

1st Tuesday at 7 PM - Dining Room

Wii Bowling

Club 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

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)**

Watch for more info on this SRC Bus Trip in July:

Boyertown Museum of Historic Vehicles

1111 **Thursday – June 15 – Ephrata Cloister**

Discover another place, another time, another way of life, as we take a guided tour of the Historic Ephrata Cloister. We will view an introductory video and then a guide will lead us through the two primary buildings, the Saron (Sisters' Dormitory) and the Saal (Meetinghouse). After the guided tour, you may explore other historic buildings or visit the museum store.

Lunch will be at your own expense (The New Cloister Restaurant).

Please Note: The guided tour requires walking about 2 city blocks.

Seating is available at each of the tour stops.

RSVP to the Office by Friday, June 9.

LEAVE BEREAN PARKING LOT: 9:00 AM

Cost: \$17.00

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 **Thursday – June 22 – Bube's Brewery**

"Murder Mystery Show"

This is the type of Victorian home that you would expect a murder mystery to take place ...

LEAVE BEREAN BIBLE CHURCH: 11:15 AM

11 **Thursday – July 20 – River Queen Sightseeing Cruise**

Step aboard the famed River Queen and set sail along the open waters. ...

RSVP to Carol Griffith by Thursday, June 1

LEAVE BEREAN BIBLE CHURCH: 9:30 AM

Cost: \$125.00

11 **Thursday – August 24 – Magic & Wonder Theatre**

The day will begin at Kitchen Kettle Village where you will have free time ...

RSVP to Carol Griffith by Friday, June 30

LEAVE BEREAN BIBLE CHURCH: 11:00 AM

Cost: \$107.00

**Save the date: Wednesday, September 27 – Dutch Apple Dinner Theatre
"Jimmy Buffet's Margaritaville"**

2nd & 4th Saturday
 9 AM to 1 PM
 Smith Family Plaza
 (Boro Hall)
 138 E. High St.
 Pottstown
PottstownFarm.org



Farm & Artisan Regional Market focusing on fresh, locally grown, sourced, and creative products.

June 10
 Celebrate Our Dads

June 24
 Pottstown Community Arts Day

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

June 25th Zydeco-a-go-go

CAR SHOW SCHEDULE 2023



May 6
 Season Opener

June 3

July 1

August 5
 Hot Wheels on High Street

September 2
 New Parking Areas added for VW, Audi, Porsche

September 3
 Loe Show w/ Jamie Orr and Volkswagen Group from Germany

October 7
 (Open Street Cruising Only)

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

Strawberry Festival

Saturday June 10, 2023.
 11:00 am till 3:00 pm - Rain or Shine
 Sanatoga Chapel grounds at 2341 E. High Street



Fresh Strawberry Tzatzis
 Lunch Served - Hot Dogs & BBQ
 Hares Hill Brewing Co. Beer Garden
 Baked Goods - Philly Soft Pretzels
 Music & Trivia by Skip & Chickie!
 Children's Games
 Gift Card Raffle - 50/50 Raffle
 And more!!!

Benefits:
 The Lower Pottsgrove Historical Society
www.lowerpottsgrovehistoricalsociety.org



Welcome. Discover. Enjoy.

PhoenixvilleFirst.org **Phoenixville First Fridays 2023**

Join us downtown every First Friday from 5:30pm - 8:30pm, May through November. Starting in June through October, First Fridays will operate within the PXV Inside Out open-air closure to create an ambiance of a night market all along Bridge Street and in the Main and Bridge Street parking lot. November's First Friday will be held throughout downtown and in the Main and Bridge Street Parking lot. There will be small live musicians placed throughout the downtown on Bridge and Main Streets, and handmade craft/artist vendors in the Main and Bridge Street parking lot.

LIVE MUSIC. EVERY FRIDAY.

The Summer Music Series happens every Friday (other than First Fridays) from 6-8pm. It is an event that features a variety of live musical acts, spread throughout downtown.