

July 2025

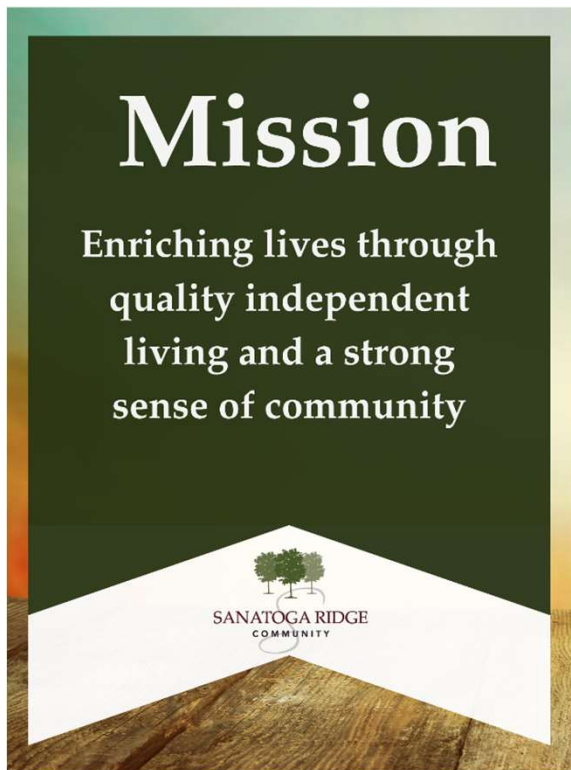


SANATOGA RIDGE
COMMUNITY

RIDGE REPORTER

What Guides Us: Our Mission & Vision

Clear direction. Shared purpose. A stronger community.



Mission

Enriching lives through
quality independent
living and a strong
sense of community

MISSION

Many of you have already shared how our new Mission and Vision statements have resonated with you. These words reflect who we are and where we're going—and we wanted to share a little more about what they mean.

Our mission is simple and heartfelt:

Enriching lives through quality independent living and a strong sense of community.

This reminds us every day that our work is about people—about creating a place where you feel at home, supported, and connected.

VISION

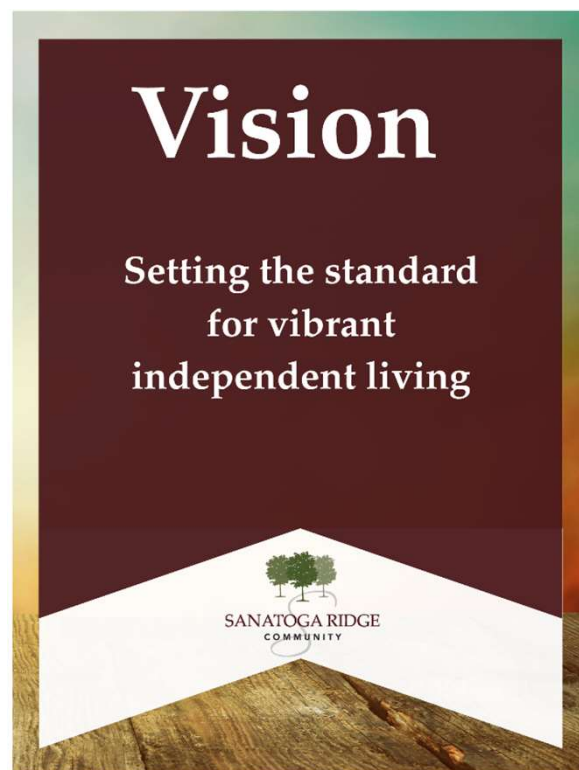
Our vision sets the tone for our future:

Setting the standard for vibrant independent living.

It's our way of saying we're always striving to do better—to be a model of what independent senior living can truly be.

Together, these statements serve as our compass. And at the center of it all is you—our residents—who bring meaning, life, and joy to this community.

We are excited about the future as we continue to move forward!



Vision

Setting the standard
for vibrant
independent living



OFFICE CLOSED

In honor of Independence Day, the Offices will be closed on **Friday, July 4.**

TRASH will be picked up on Tuesday and Thursday, July 1st and 3rd

STAFF SPOTLIGHT



MAINTENANCE TEAM

David is the newest member of our Maintenance Team. He comes to us with many years of maintenance and construction experience. He enjoys hiking, kayaking in the great outdoors. Welcome, David!



GROUNDS TEAM

Tyler has joined the Grounds team as part of our seasonal staff. You will see him around the community performing daily site inspections, power washing, and collecting trash. Welcome, Tyler!

Pet Policy Reminder

We love that pets are part of our community—and with a little care and consideration, they can be a great addition to neighborhood life. All pets must be approved by SRC management, and they must always be on a leash and under adult supervision when outside.

Pets are not allowed in the Community Center or Garden Apartment common areas, and dogs (except service animals) are not permitted in the Garden Apartments.

Please do not leave pets unattended outside, and always clean up after them promptly. Pet ownership is a valued privilege at SRC, and your cooperation helps ensure a peaceful and respectful environment for all residents—both two-legged and four-legged!



☀️ 5 Summer Safety Tips

Hot summer days can be enjoyable, but they also come with risks. Here are five practical tips to help you stay safe, cool, and healthy this season:



1. Stay Hydrated

Drink water regularly throughout the day, even if you're not thirsty. Avoid too much caffeine or alcohol, which can dehydrate you.



2. Dress for the Heat

Wear light-colored, loose-fitting clothes and a wide-brimmed hat when outdoors. It helps your body stay cool.



3. Plan Around the Heat

Try to do errands or take walks early in the morning or in the evening. Midday sun is the strongest from 11 a.m. to 4 p.m.



4. Keep Cool Indoors

Use fans or air conditioning. Close curtains during the day to block heat and open windows in the evening if it cools down.



5. Watch for Warning Signs

Signs of heat exhaustion include dizziness, nausea, and heavy sweating. If you feel unwell, ask for help right away.

❄️ Air Conditioner Tips & Reminders

If your air conditioner isn't working properly, **please let the office know right away.**

Reporting problems early can help avoid uncomfortable days when the weather gets hot.

Helpful Tip:

Avoid turning your air conditioner on and off throughout the day. It works best when it runs steadily. If you wait until your home is already hot, the unit may struggle to catch up.

Stay cool and let us know if you need assistance – we're here to help!



July Safety Spotlight



What to Do If the Fire Alarm Sounds

If the fire alarm sounds in the apartment building or community center, follow these steps right away:

- Stay calm and do not ignore the alarm. Every alarm should be taken seriously—even if it seems like a false alarm.
- Exit the building immediately using the nearest door. Don't stop to grab personal items.
- Do not use the elevator. Always take the stairs.
- If you can't safely leave, stay in your room, close the door, and call 911. Tell them exactly where you are.
- Help others if you are safely able. Especially check on neighbors who may need assistance.
- Once outside, stay together. This helps us make sure everyone is safe.
- Do not go back inside until staff or emergency responders give the all-clear.

Why it matters: Your quick action can save lives and make it easier for first responders to do their job.

The U.S. national anthem was based on a British drinking song. “The Star-Spangled Banner” was set to the tune of “To Anacreon in Heaven.”



New!

Resident Classifieds

Need something? Have something to offer? Our new classifieds section is here to help neighbors connect!

Residents may post items for sale or free, request help or services, or let others know what they're looking for.

Submissions:

Provide a short, written description to the office by the 20th of the month along with your contact info to be included in the next month's newsletter. Please keep listings appropriate—no junk or oversized items.

All interactions are solely between residents.

Note: *This section will run on a trial basis.*



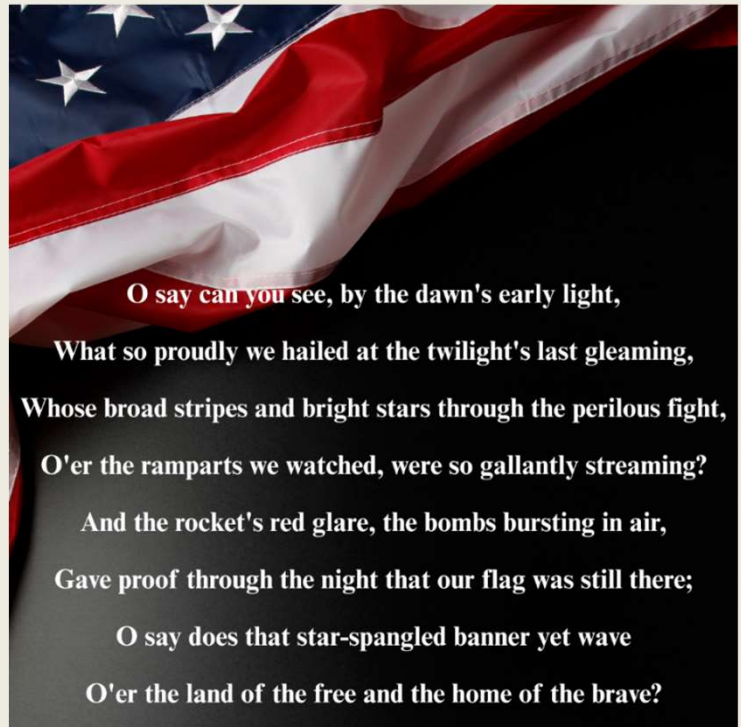
Resident Joke Submissions Wanted!

Everyone loves a good laugh! Are you a jokester—or just enjoy a clever riddle? We're now accepting resident-submitted jokes for upcoming newsletters.

Send your favorite jokes or funny one-liners to the office by the 20th of each month. Yours might be featured in a future edition!

Keep your eyes on the next newsletter... your joke could be the one that gets everyone smiling!

“**The Star-Spangled Banner**” became the United States' national anthem in 1931. Written by Francis Scott Key during the War of 1812, it was inspired by the sight of the American flag still flying after the Battle of Fort McHenry.



O say can you see, by the dawn's early light,

What so proudly we hailed at the twilight's last gleaming,

Whose broad stripes and bright stars through the perilous fight,

O'er the ramparts we watched, were so gallantly streaming?

And the rocket's red glare, the bombs bursting in air,

Gave proof through the night that our flag was still there;

O say does that star-spangled banner yet wave

O'er the land of the free and the home of the brave?

HAPPY BIRTHDAY!

- 3 Nancy
Yvonne
- 4 Marie
Alan
Diane
- 7 Sarah
- 8 Cecelia
Audrey
John
- 12 Lucy
Helmi
- 13 Dollie
Gail
- 17 Joyce
- 18 Bob
Karen
Dottie
- 19 Eileen
- 22 Susanne
- 23 Eleanor
- 25 Fred
Cordelia
- 29 Betsy
Hedy
Sandra



HAPPY ANNIVERSARY!

- 6 Russ & Lois
- 13 Fred & Lynn

Welcome
to the neighborhood




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

Dennis & Marilyn

Mike & Diane

★ July Fun Facts

 America's Birthday Month:
The United States celebrates **Independence Day** on July 4th, marking the adoption of the Declaration of Independence in 1776.

However, Independence wasn't declared on July 4th. The Continental Congress actually voted for independence on July 2, 1776—but the Declaration of Independence was officially adopted on July 4th.

Resident Committee Meeting

No meetings in July or August. Meetings resume in September.

Blood Drive

Tuesday, July 15 @ 2 – 7PM

American Red Cross will be on site taking donations. If you're interested in donating, please logon to their website; www.REDCROSSBLOOD.org or scan the QR code. If assistance is needed, please reach out to Cheryl.



**American
Red Cross**



Lunch Bunch

Luciano's

112 W Ridge Pike, Royersford

Friday, July 11 @ 12:00

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

CARPOOL ONLY this month.
Meet at the Berean Bible Church
parking lot @ 11:30AM

RSVP by Wednesday, July 9

Book Club Notice

-- Date to be Announced --

Book club will not be meeting in July and August. The Norristown Library is undergoing renovations and will not be able to supply our books. Watch for an announcement about when we will be able to meet again. We will be reading the same books but not on the dates previously listed.

Contact Jeanette for more information.

Summer Water Aerobics with Jean

Tuesdays & Thursdays

Join Jean for **water aerobics** at the **Sanatoga Swim Club** every **Tuesday and Thursday evening at 6:30 PM** throughout the summer!

It's a fun, low-impact way to stay active, cool off, and enjoy time with neighbors. All are welcome!

Ladies Bible Study

1st & 3rd Wednesday @ 3PM

We will be meeting in July, take the month of August off, and then resume in September. All ladies are invited to join us.

Q: What do you call a snowman in July?

Weekly Activities Schedule

Mondays:

- **Dominoes**, 6 PM
- **Book Club** (1st Monday), 2 PM
- **Bible Study** (2nd Monday), 2 PM
- **WOW Book Mobile** (2nd & 4th Monday), 10 AM

Tuesdays:

- **Mahjong**, 1 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
- **Pickleball**, 6PM



- **When: Wednesday, July 16 at 2PM**
- **Where: SRC CC Parking Lot**
- **Who: Everyone!!**



★ July Fun Facts

🥒 July is National Picnic Month! It's also National Hot Dog Month and National Ice Cream Month—two summer favorites!

★ July is named after Julius Caesar -- Originally called *Quintilis* (meaning “fifth month” in Latin), it was renamed in 44 B.C. after Julius Caesar’s assassination to honor the month of his birth.

Three U.S. Presidents died on July 4th. Thomas Jefferson and John Adams both died on July 4, 1826—the *50th anniversary of the Declaration*. James Monroe died five years later, also on July 4th.



Why couldn't the bike stand on its own? Because it was two tired.

Weekly Activities Schedule

Thursdays:

- **Coffee Hour**, 9:30 AM
- **Pinochle**, 2 PM
- **Rummikub**, 6 PM
- **Circle of Support** (1st Thursday), 11 AM @ BRC
- **Lawn Games**, 6PM
- **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

Movie Matinee!

Lights, popcorn, action! We're excited to introduce a **Movie Matinee in the SRC CC Dining Room** for residents to relax, cool off, and enjoy a good film together. **Everyone is invited**—we'll provide the popcorn and lemonade, you bring the smiles!

NEW!



Movie Matinee Lineup

Friday, July 18 @ 1:30PM

Driving Miss Daisy (1989)

Set in the American South, this heartwarming film follows the unlikely friendship between a strong-willed elderly woman and her gentle chauffeur. Over 25 years, their bond grows in ways neither of them expected—filled with humor, warmth, and timeless life lessons.



DRIVING MISS DAISY

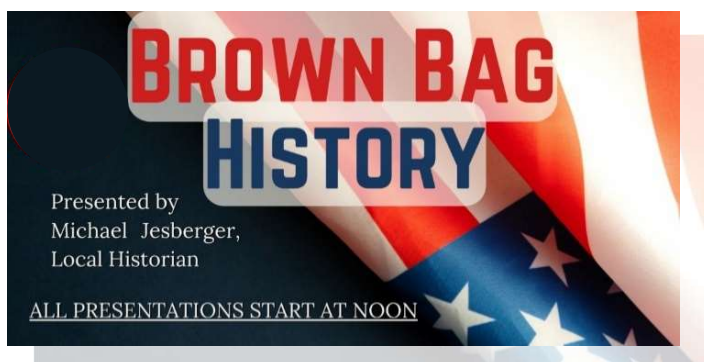
Friday, July 25 @ 1:30PM

Secondhand Lions

A lighthearted, feel-good film about family, adventure, and growing up at any age.



I named my horse mayo.... mayo neighs.



Join or Die – The American Revolution Through the Life of John Adams, Part I
Saturday, July 19

This presentation explores the early years of America’s pursuit of independence, culminating in the infamous moment when British troops fired into an angry mob in Boston—forever known as the “Boston Massacre.” As tensions escalated, King George III tightened his grip on the American colonies. Join historical lecturer Michael Jesberger for this engaging discussion. Open to the Public.

RSVP by Friday, July 18

The Conflict Ignites – The Battle of Lexington and Concord
Saturday, August 16

The Conflict Ignites – The Battle of Lexington and Concord

American poet Ralph Waldo Emerson called it “the shot heard ’round the world” when a British raiding party ventured into the Massachusetts interior to seize stockpiled guns—and met resistance before dawn on April 19, 1775, in Lexington. The colonial militia responded, and the American Revolution had begun. Join historical lecturer Michael Jesberger for this engaging discussion. Open to the public.

RSVP by August 15

Ice Cream Bar!
Tuesday, July 29 @
2PM
CC Dining Room

Want to beat the heat? Come out to enjoy ice cream with lots of different toppings! It’s perfect for the middle of summer. Bring a friend!

Fabulous flavors, friends, and fun!

RSVP by
Monday, July 28

Hosted by our Verizon representative, Melissa.



DELICIOUS FOOD | COLD BUFFET | DOOR PRIZES

SRC RESIDENT COMMITTEE **PICNIC**



RSVP

DEADLINE:

Monday

July 14

July 31, 2025

THURSDAY, 11:30AM

Doors Open at 11AM

Berean Bible Church

Fellowship Hall

SIGN UP TO BRING:

- ✓ Salad
- ✓ Side Dish
- ✓ Snacks
- ✓ Veggie Tray
- ✓ Fruit
- ✓ Dessert

Beverages Provided:

- ✓ Lemonade
- ✓ Water

All residents who have paid their 2025 dues are invited to attend the annual summer picnic.

This year's picnic will feature a cold buffet along with a gift card drawing!

Sign up to get your ticket at the Office. Be sure to bring it with you to the picnic!

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)**

Wednesday, July 9 – Nolde Mansion Tour

By special invitation from our friends at Nolde Forest! Step back in time with us as we explore the Nolde Mansion on this docent-led tour. Now serving as the first Environmental Education Center in the state, the Nold property was once the home of a wealthy Reading manufacturer. The mansion now serves as the park and staff offices and is not open to the public except on open house days and for private guided tours, like this one.

Join our docents for the **Private Tour** of the Nolde Mansion and the mansion garden. Together we will learn about the history of this forest and the family who called it home.

Plan to pack and enjoy a lunch in the picnic area by the mansion after the tour before heading back home.

RSVP to the Office by Thursday, July 3

LEAVE BEREAN PARKING LOT: 9:30AM

Cost: \$21

SAVE THE DATE: Friday, September 19, 2025

Taking You There – Historic Site Tours with Mr. US History – Michael Jesberger – Skippack Pike, Montgomery County



New Hanover AARP Trips

Checks Payable to:
"New Hanover AARP"

Details posted on the Library Bulletin Board.
RSVP to Carol

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

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

Wednesday, October 1 – Ace in the Hole at the Brownstone – "Octoberfest" \$150

Wednesday, November 18 – American Music Theatre, "Deck the Halls" \$140

Details posted on the Library Bulletin Board