



August 2019

Neighbor Check



Want to do something nice that does not cost anything or takes a lot of energy but has a great reward? Check on your neighbor. Sometimes just a “hello” by a phone call or knock on the door makes someone’s day!



Richard Newell, MPT, DPT
President and
Chief Executive Officer

Coming in September to SRC

Watch for more information on the upcoming Tower Health Town Hall Meeting with Richard Newell, MPT, DPT, President and Chief Executive Officer of Pottstown Hospital.

The Town Hall Meeting will be open to the public and hosted at Sanatoga Ridge Community.



Resident Committee Meeting

We hope that everyone has been enjoying their summer! The Resident Committee meetings will resume in September. They are typically held the first Monday of each month. However, due to the Labor Day holiday, the September meeting will be MONDAY, SEPTEMBER 9 at 9:30 AM in the Auditorium. Come at 9:00 AM and enjoy refreshments in the Club Room.

Verizon FiOS

You may have been receiving information regarding Verizon FiOS being available to you in the Community. Currently, Verizon FiOS is NOT available in the Community. We are establishing contact with Verizon to discuss their plan regarding installation.

Not Home For a Little?

If you are going on vacation, having a stay in the hospital or rehab, please call the office and let us know. We get calls from concerned neighbors and it eases our mind and your neighbors that you are OK.

Grocery Shopping

There is a weekly grocery shopping trip every Tuesday at 10 AM. Please call the SRC office to be placed on the list for pick-up. Grocery shopping will alternate between Landis Supermarket and Redner's.



Drop In Toilet Bowl Cleaners

Please refrain from using the dissolvable toilet bowl cleaners that you drop into the toilet tank. These tablets can become lodged in the pipes and prevent the toilet from flushing correctly or not at all.

Using Command Hooks in Your Home

If you use Command hooks in your home, when removing them you must follow removal instructions on the package carefully (strips must be removed very slowly). If they are not followed correctly, it will result in much wall damage by tearing the drywall. If you cannot remove them without tear, consider using a nail instead.

Hose Connections

Please turn off the water to your hose when you are done. We have noticed a lot of people who have been leaving outside faucets turned on with the hoses connected. If the hose were to burst or the sprayer malfunction, water would be running uncontrolled. This is especially dangerous for people who have hose connections in the garages and mechanical rooms. In those cases, it could flood the house. Also, too much back pressure on the valve can damage the valve.



Bus Trip Parking Reminder

Please remember, as a courtesy to our residents and visitors, when you park in the Community Center parking lot for a bus trip, it would be appreciated if you park in the spots farthest from the Community Center building. This allows the residents and visitors who continue to use the building during the day easiest access, especially during inclement weather. When you park farthest from the building, you may wait in your vehicle for the bus to pick you up. Thank you for your cooperation.

SRC Green Thumbs

Interested in fresh fruits or vegetables? Stop by and “pick” your items from the “Fresh Produce Stand” located in the refrigerator at the Chat & Chew located in the Community Center.

These are surplus items from the Green Thumbs’ garden. Please remember these items are for the entire community so take only what you can use. Do not go into or pick anything within the fenced in garden area.

Do you have extra items from your personal garden? If so, please feel free to add these to the produce stand.

State Representative Joe Ciresi – Satellite Office

Starting Tuesday, August 20 at 10 AM, State Representative Joe Ciresi will be having constituent services satellite office hours at Sanatoga Ridge Community. Representative Ciresi will be in the Game Room the 3rd Tuesday of every month from 10 AM to 12 Noon.





Sanatoga Ridge Hair Salon & Library

Did you know the hair salon is open Tuesday, Thursday, Friday, and Saturday (hours posted on door). If you would like to make an appointment, please call the numbers posted on the door of the salon. Should you need to call the Library/Salon area directly, dial 610-326-2780.

Farmer's Market Vouchers

This is a Montgomery County program that provides income eligible seniors with \$20 in checks that can be spent at participating Farmers' Markets. A couple is eligible for \$40 in checks. Vouchers must be used by the end of November.

Vouchers can be obtained at the Pottstown Cluster of Religious Communities Tri-County Active Adult Center, and the Daily Bread Community Food Pantry.

Eligibility requirements: *(Must provide photo ID)*

- 60 years or older, sometime this year
- Montgomery County resident
- Living on limited income (\$22,311 for a single; \$30,044 for a couple)

For more information, contact the
Pottstown Cluster of Religious Communities at 610-970-5995



Words on Wheels Bookmobile

The Bookmobile is here the 2nd & 4th Monday at 10 AM in the Community Center parking lot.



Outside Games



Ed has volunteered to oversee the outside games for this year. Games will begin at 6 PM and will be played near the Community Garden located near the "G" Section. Contact Ed to see if the game is on.

- Bocce Ball Mondays
- Bean Bag Toss Tuesdays
- Muckers Wednesdays



Water Aerobics at Sanatoga Swim Club

Nancy will be conducting Water Aerobics at Sanatoga Swim Club on Mondays and Wednesdays at 7 PM. Please contact Nancy for additional questions and to reserve your spot. *You must be a member of the pool to participate.*

Game Night & Wawa 3" Hoagies

Join your neighbors for a Wawa 3" Hoagie and Game Night on Friday, August 2 beginning at 5 PM in the Club Room. Why cook before game night? Sign up in the Office with your choice of Wawa 3" Hoagie: 1) *Ham & Cheese*; 2) *Turkey*; 3) *Italian*; 4) *Cheese steak*. Cost for the 3" Hoagies are \$3.00 each. Chips and dessert will be provided. **RSVP by 4 PM on Thursday, August 1.**

Game night will start at 6 PM with a variety of table games to be played in the Club Room including Dominoes, Phase 10, Quiddler, Skip-Bo in addition to Wii Bowling. Not sure how to play? Don't worry. We will show you how!

Keeping Busy

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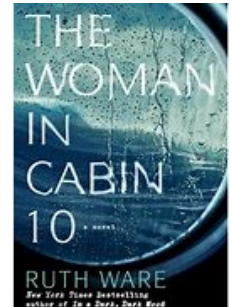
Pot Luck Party – Saturday, August 3

Don't forget if you signed up for the pot luck dinner, it will be Saturday, August 3 at 2 PM in the Dining Room.



Book Club

The Book Club meets the 1st Monday of each month at 2 PM in the SRC Dining Room. *Small Great Things* by Judy Picoult will be discussed at the August 5 meeting. September's book will be *The Woman in Cabin 10* by Ruth Ware.



Photographic Safari in Tanzania and Zanzibar Monday, August 5 at 4 PM

A Photographic Safari in Tanzania and Zanzibar will be presented at 4 PM on Monday, August 5 in the Auditorium.

Mary Ann Dailey, PhD, RN, is a Professor Emerita of Nursing (retired) from Slippery Rock University, an author of nursing articles, and a former State Representative (R-146th, Montgomery County), who enjoys travel, photography, singing, and genealogy.

Her photos have appeared in numerous issues of Pennsylvania Magazine. In September of 2018, she and her son, Chris, vacationed in Tanzania on the African Serengeti and photographed the "Big 5" (lions, rhinos, elephants, Cape Buffalos, leopards), exotic birds, Maasai tribesmen, and breathtaking landscapes. Included in this photographic safari was the Great Migration of wildebeests from Kenya, who annually journey across the Mara River to seek fresh grazing land on the opposite shore.

Come and enjoy an 'up close and personal experience,' but no animals will bite you!

Why go home and cook? Stay for pre-ordered Pizza at 5 PM. Sign up at the office by 12 Noon on Monday, August 5. Cost is \$2 per slice, plain or pepperoni.



Bus Trip to Bruster's Ice Cream

Thursday, August 8 the SRC bus will be heading to Bruster's in Limerick for Ice Cream! The bus and carpool will be leaving the Community Center at 6 PM.

RSVP to the office by Wednesday, August 7.

Lower Pottsgrove Township Summer Concert Series



Join us on Sunday evenings at 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.

Sunday, August 4 - Pottsgrove Community Band

Lunch Bunch

This month's lunch bunch trip will be going to Emily's in Mohnton on Friday, August 9. The bus will be available for transportation (or you can carpool). The carpool and bus will be leaving SRC at 11 AM. Please RSVP to the Office by Wednesday, August 7. Lunch bunch meets the 2nd Friday of each month.



Chestnut Knoll at Home
INVITES YOU TO AN

Ice Cream Social!

TUESDAY, AUGUST 13 AT 2:00 PM
In the Community Center Dining Room
at Sanatoga Ridge

 **CHESTNUT KNOLL**
At Home Services

Daily Care • Meals • Housekeeping
Medication Reminders • Errands
Conversation & Companionship
Transportation To Appointments
And So Much More!

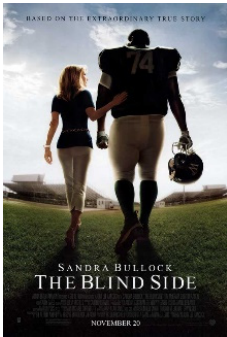


RSVP to SRC Office by Friday, August 9



Movie Night Coordinator

June has agreed to continue leading the movie night without intermission. June would appreciate your suggestions for a movie. Please contact June or leave your suggestions in her mailbox. Thank you.



Movie Night . . . “The Blind Side”

Due to copyright rules, Movie Night is for residents only.

“Blind Side” will be shown in the SRC Auditorium on Friday, August 16 at 6 PM. Doors open at 5:30 PM.

Please note that there will be no intermission or snacks.

Based on the life story of Michael Oher, who was living on the streets when he was welcomed into the home of a conservative suburban family. Over time he matured into a talented athlete. Sandra Bullock stars in a film written and directed by John Lee Hancock.

Wii Bowling



New leagues will be formed on Wednesday, September 18 at 2 PM in the Club Room. Contact Joe if you would like to participate on a team or act as a substitute. We will compete once a month until the 3rd Wednesday of May.

Re-Creation USA (Re-CreationUSA.org)

Re-Creation USA is a group of extremely talented performers that give up one to two years of their lives to entertain veterans throughout the nation. They present more than 320 shows annually in order to fund tours to VA Medical Centers and State Veterans Homes in all 50 states!

The show is fast paced with music and dancing that is almost as good as a Broadway show. There are lots of costume changes, audience engagement, and dancing.

The next performance will be at Cedarville Methodist Church (*near the Coventry Mall and Coventry Ice Cream Parlor*) on Sunday, August 18.

“Creator” – 10 AM

(Songs from every era of our faith journey! Praise & Worship, Traditional Hymns, Children’s Songs, Dramatic Works!)

“Color Me America!” – 7 PM

(Golden Age of Big Band! The Silver Screen! Rhythm & Blues! Red-Hot Retro! The Great White Way! Colorful Country! Red, White & Blue Finale of Treasured American Classics!)

Keeping Busy

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Grocery Shopping

Tuesdays at 10 AM. Call the SRC office to be placed on the list for pick-up.

Card Club

Mah Jongg Mondays at 1 PM - Club Room.

Pinochle Thursdays at 2 PM - Game Room.

Mexican Train Dominoes

Tuesdays at 6 PM - Club Room.

Hooks & Needles

1st and 3rd Thursdays at 1 PM - Club Room.

Sewing Club

1st and 3rd Fridays at 9:30 AM - Sewing Room

Book Club

1st Monday at 2 PM - Dining Room.

Lunch Bunch

2nd Friday at various restaurants in the area.

SRC Singers

Summer Hiatus. Practice resumes Thursday, September 12.

Wii Bowling

3rd Wednesday at 2 PM - Club Room.

Resumes Wednesday, September 18.

Movie Night

Various movies shown the 3rd Friday - Auditorium. Doors open at 5:30 PM. Movie starts at 6 PM.

Representative Ciresi

3rd Tuesday at 10 AM - Game Room.

Senator Muth

4th Friday at 10 AM - Game Room.

Game Night

1st Friday - Club Room

(Meal at 5 PM if applicable; Games at 6 PM).

Computer & Social Media Discussion Group

Summer Hiatus. Meetings will resume in September.

Yoga

Fridays at 9:30 AM - Auditorium.

Liberty Bell Glass

Summer Hiatus. Meetings will resume in September.

Vietnam Veterans

2nd Tuesday at 7 PM - Dining Room.

American Legion

Summer Hiatus. Meetings will resume in September.

WOW Bookmobile

Community Center Parking Lot 2nd & 4th Monday at 10 AM.

Bus Trips

Various days throughout the month. Pay attention to RSVP dates – some fill up quickly. Watch who to make checks payable to for a trip. Feet mean amount of walking.

***Roundtable Meeting
Summer Hiatus until
September 11.***

Social Committee

The next meeting is Monday, August 19 at 2:30 PM in the Dining Room.

What Did I Miss?

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This fun-loving group recently enjoyed a trip to the Pennsylvania German cultural society in Kutztown, PA.



Beautiful Flowers done at Paint Break

Taking a break for a "photo opp" while looking for some wildflowers at Black Rock Sanctuary.



Wednesday – August 7 – “Widows Peak” at Anthracite Hotel

Nothing ever happens in Rocky Point, a quaint town on the Maine coast. That's what the locals say, but it wasn't always true. In 1876, a sea captain's widow threw herself off a cliff, now known as “Widow's Peak.” One-hundred years later, a woman again plunged to her death from that same peak. No violent deaths have occurred since then, but the towns' people are worried. No one has seen Cathy Carter for 2 weeks, including her best friend, Eddie, who owns the café. When anyone questions Cathy's husband, Will, he says “mind your own business”. As tempers flare and suspicions surface, the long-buried secrets of this tight knit community are revealed. Could be, Rocky Point won't have to wait another 100 years for something momentous to happen!

Lunch included: Apple Streusel Coffee Cake, Tomato Juice – Broccoli Salad, Roast Turkey with Stuffing, Eye Round Beef with Pearl Onions, Penne Pesto – Fresh Vegetables, Raspberry Cheesecake

RSVP to Office by Thursday, July 18

LEAVE SRC: 8:30 AM

Cost: \$51.00

Wednesday – August 14 – Bucks County Playhouse “Always Patsy Cline”

Starring Carter Calvert & Sally Struthers

(This is a trip with AARP)

This fun-loving musical hit is based upon the true story of Patsy Cline and a devoted fan, Louise Seger. After meeting in a Texas honky-tonk, the two develop a relationship that lasted until Patsy's tragic death at age 30 from a plane crash in 1963. It features such timeless hits such as “Crazy”, “Sweet Dreams”, and “Walking After Midnight”. Enjoy an included lunch at the Cock & Bull Restaurant in Peddler's Village before the show. Choice of:

- Beef Burgundy
- Flounder Stuffed with Lump Crab Imperial

RSVP to Carol by Wednesday, July 10

LEAVE BEREAN BIBLE CHURCH: 9:30 AM

Cost: \$100.00 - Checks Payable to New Hanover AARP

Thursday – August 22 – Mt. Gretna Theatre – USO “American Heartland Tribute”

BUS IS FULL. YOU MAY SIGN UP TO BE ON THE WAITING LIST

LEAVE SRC: 10:00 AM

Cost: \$45.00

FULL

Tuesday – August 27 – Lititz Moravian Church Square Archives & Museum with Consignment shops in the afternoon

In the museum you'll find on display musical instruments, paintings and artifacts accumulated over the long history of the Congregation that established Lititz as a church community in 1756.

The Lititz Moravian Church is the centerpiece for the Lititz Historic District. The Church is flanked by the 1759 Single Sisters House (now the Castle of Linden Hall) and the 1759 Single Brothers House commandeered by General Washington as a military hospital in 1777.

The Mission Gift Shop features Moravian Stars, Moravian cookies, handmade beeswax candles and handcrafted jewelry.

Lunch is on your own at Family Cupboard.

RSVP to Office by Friday, August 23

LEAVE SRC: 8:30 AM

Cost: \$9.00

Friday – September 20 – Schwenkfelder Library and Heritage Center, Asher's Candy & Pizza Como

The Schwenkfelder Library & Heritage Center, with its internationally recognized collections and research facilities, engages visitors in exploration of the themes of religious freedom, tolerance, migration, and heritage in their own lives and the lives of their families through the stories of the Schwenkfelders and the Pennsylvania Germans of the Perkiomen region - people whose bonds of faith, family, and community tell a fundamental American story. We will also be stopping at Asher's Candy.

Lunch at your own expense at Pizza Como

RSVP to the Office by Friday, September 13.

LEAVE SRC: 9:00 AM

Cost: \$9.00

Friday – September 27 – Jim Thorpe Train & Town Shopping

Relax and ride comfortably in our vintage coaches built as early as 1917 pulled by diesel engines. The narrated round-trip follows the majestic Lehigh River over bridges, through Glen Onoko, and into the Lehigh Gorge State Park. High-rising cliffs, mountain scenery, and wildlife surround the train along the forested route to Old Penn Haven.

Lunch at your own expense

RSVP to the Office by Friday, September 20

LEAVE SRC: 8:00 AM

Cost: \$23.00

Wednesday – October 2 – Herr's Snack Factory Tour

There's no fake machinery or actors - it's the REAL factory, the REAL workers, and the REAL process Herr's® has perfected to make their products taste REALLY great. Our tour is a first hand learning experience that includes visual methods that's sure to impress children and adults alike. You'll never forget the little-known facts like what makes a great chipping potato, and how tortilla chips get their seasoning.

Lunch at your own expense at The Creamery

RSVP to the Office by Friday, September 6

LEAVE SRC: 8:30 AM

Cost: \$10.00

Wednesday – October 16 – Silver Birches – “Germanfest”

(This is a trip with AARP)

Tap our toes and sing along to the Joe Lastovica Band playing a spirited mix of German music, old favorites and contemporary classics. Interact with characters wearing traditional German costumes. Enjoy an authentic family style German meal before the show. Open bar with draft beer, wine and soda served during lunch.

RSVP to Carol by Tuesday, September 10

LEAVE BEREAN BIBLE CHURCH: 7:30 AM

Cost: \$90.00 - Checks Payable to New Hanover AARP

Bus Trips - Save The Dates

November 6	Dutch Apple Dinner Theatre “Will Rogers Follies”
December 5	American Music Theatre “Joy to the World”
December 19	Holidays at Mount Hope