

# August 2023

# RIDGE REPORTER

## *Fond Farewells*

It is with much sadness that we must say goodbye to **Lauren**. She was part of our facilities and front office staff. Lauren is moving on to her true passion (roller derby) and managing events at Ringing Rocks Roller Rink. *We will miss her and wish her well!*

It is with much sadness that we must say goodbye to **Lara**. She was part of our sales and marketing staff. Lara is moving north to her hometown of Rochester, New York to be closer to her family. *We will miss her and wish her well!*



**SMILE!**

*It's exercise, it doesn't cost anything,  
and it makes you feel good!*

## *Sanatoga Swim Club*

Sanatoga Ridge Community owns the property at Sanatoga Swim Club. However, Coventry Christian has a lease agreement in place and manages the entire property - not just the pool.

With this in mind, SRC and Coventry Christian have a close working relationship regarding the pavilion, pool membership, equipment, outdoor furniture, basketball/pickleball/shuffleboard courts, and access to various areas of the property as well as upgrades/improvements.

Any questions, clarifications or concerns should be directed to the SRC Office.

## ***Mechanical Room Storage***

The equipment in the mechanical room needs to be accessible by our staff and contractors. Mechanical rooms are not to be used as an additional storage area for your home. In addition, furniture and other heavy items should not be placed in front of the mechanical room access doors.

## ***Air Conditioners***

Please do not delay in reporting air conditioner problems to the office. For better efficiency, do not keep turning the unit on and off. It's better to set it and forget it. Turning the air on late during a hot day may cause the unit to not be able to catch up and cool your home.



## ***Maintenance or Landscape Items***

Do you have a maintenance or landscape item that needs to be fixed or looked at?

Please call the office to have it scheduled through our work order process. Calling the office ensures your issue is documented, assigned to the appropriate staff member, and tracked to completion. This also allows us to compile vital information on recurring issues or installation dates.

Our staff members have specific assignments for the day and may not have time to address additional issues while at your home.

## ***Maintenance Issues – Place Work Order ASAP***

It is important to call the office to place a work order as soon as you notice an issue. Postponing the reporting of maintenance issues, especially regarding appliances, can result in further damage, warranty expiration, or lengthy delays in obtaining parts and service. While we do our best to accommodate residents' preferences, we must work on appliances, etc. according to our maintenance schedule in order to ensure we resolve issues as efficiently as possible.

Additionally, we may need to return to your home to follow up on certain work orders, including appliance repairs. At times, this may occur when residents are not home.



## ***PECO – Power Outages***

Typically, power outages affect more than one home. If you are experiencing 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 home has its own account with PECO.***

***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.

**IMPORTANT:** All residents should have a back-up plan, especially if you have medical equipment that requires electric (e.g., oxygen). You will still have water during a power outage.

## ***Hose Connections***

Please turn off the water to your hose when you are done. 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.



## ***Porch Washing***

Front porch washing has been completed. We are so thankful for our team members for doing a wonderful job!



## ***Power Washing Patio Enclosures***

We appreciate the help our residents receive from family members and friends. However, please **do not power wash patio enclosures**. Power washing causes water leaks and could result in extensive damage. Patio enclosures may be **handwashed**. Please do not wash another resident’s enclosure without their express permission.

## ***All Payments By Check Only***

For accounting purposes, cash is not accepted in the SRC/BRC Offices. If you need to make a payment for dues, a trip, event, invoice, stamps, etc., please write a check payable to either SRC or BRC (whichever is appropriate), place it in an envelope with your name including your address, and place the envelope in the Office In-Box.

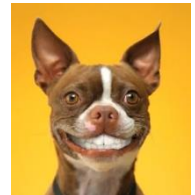
## ***Community Mailboxes***

Don't wait until the 1<sup>st</sup> of the month. Please check your community mailboxes frequently. Information gets placed in these mailboxes throughout the month. Sometimes by waiting until the 1<sup>st</sup> of the month, you will have "old news".



## ***Phone Lists***

Updated resident phone lists (both alphabetical and by court number) can be obtained at the office.



## ***Not Home For a Little While?***

If you are going on vacation, or 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.

## ***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. Excrement must be cleaned up immediately. In addition, when outside, pets must be leashed and under full control of an adult.

## ***Using Command Hooks in Your Home***

If you use Command hooks in your home, you must follow removal instructions on the package carefully (strips must be removed very slowly). If they are not removed correctly, considerable damage may occur to the drywall. If you cannot remove them without tearing the drywall, consider using a nail instead.



## ***Neighbor Check***

Want to do something nice that does not cost anything or take 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!

## ***Parking Reminders***

- Handicapped parking is provided only for vehicles displaying a handicap placard or license plate.
- Residents are to park in their assigned numbered space or in an un-numbered parking space.
- Please remind your guests to park in an un-numbered parking space.



## ***Pavilion at Court N***

It is great to see that the pavilion is being used more frequently! If you would like to use the pavilion for a gathering, please just give the office a call so that we can put it on the calendar. This will help to avoid conflicts with other residents wanting to use it.

## ***CAFÉ REMINDER***

- Please empty liquids in a sink before placing containers and cups in the trash.
- Please do not store personal items in the café refrigerator. This includes condiments.
- If you have an upcoming party or event and need to use the refrigerator, please label your items with:
  - The date
  - Your name and unit #
- Please take leftovers home with you. If you would like to use them for another soon-upcoming event, please label them accordingly and then take them home or dispose of any leftovers.

## ***KITCHEN REMINDER***

- The white pantry in the kitchen contains supplies for residents to use for activities and events. If supplies are running low, please inform the office.
- If you require specific supplies for a resident activity or event, please inform the office.
- Please wash, dry, and put away all dishes used from the kitchen.
- Rinse and hang wash cloths along with dish towels on the side of the sink to be picked up for laundering.



## ***Table Tennis***

Did you know that table tennis is the most popular indoor sport in the world? Why not join the crowd. Table Tennis is open in the Club Room located on the 2<sup>nd</sup> floor in the Community Center.

*By the way, the Club Room is also home to other activities. Check your Ridge Reporter calendar to see what else meets here!*



## ***Billiards***

Have you noticed that the doors are open and lights are on in the Game Room? Why not join your neighbor in a game of billiards?



## ***Sanatoga Ridge Hair Salon & Library***

The hair salon is open! If you would like to make an appointment, please call the stylists directly.



## ***Sanatoga Ridge Facebook Page – A Great Way to Connect***

Did you know SRC has its own Facebook page? Residents can post photos, news, and ideas to share with other residents. Here are some examples:

- Introduce yourself to other residents
- An idea for a group you'd like to start
- An upcoming local event, class, or trip others might enjoy
- Connect with other residents for a lunch date, movie
- Introduce us to your new grandchild or pet
- Let us know about a special craft you sell or your favorite recipe
- Meet up with a neighbor to watch the Phillies/Eagles game



This Facebook page is for **Residents only**. Go to the search bar at the top of Facebook and type: "Sanatoga Ridge Residents".

If you're not familiar with Facebook, and aren't sure how to begin, Eileen has offered to help you!



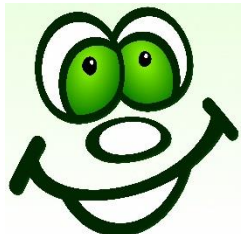
## *Happy Birthday!*

- 2 David
- Patricia
- 12 Nancy
- 16 Ruth Ann
- 17 Jean
- 18 Gail
- 20 Richard
- Kitty
- 23 Link
- 25 Nancy
- Doris
- Lynda



## *Happy Anniversary!*

- 25 Bob & Sandy
- 29 Dean & Loretta



## *August is known for many things:*

- The dog days of summer
- National Watermelon Day (August 3)



## *Welcome To The Neighborhood!*

*We'd like to extend a warm welcome to our newest resident!*

*Please stop by and introduce yourself!*

**Carolyn**

from Boyertown, PA



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

**Bob**

resident since October 2021.

**Jennie**

resident since August 2003.

## ***Resident Committee Meeting***

**No meeting in August. Meetings resume in September.**

*Please plan on attending the September meeting.  
Discussion/Vote to change the time for the Resident Meetings.*

## ***Donna & Richard Landis Farm Stand***

Donna Landis has fresh fruits and vegetables for sale throughout the summer on Monday mornings at 8:30 AM in the Court “N” Pavilion. Please call Nancy if you have any questions.

## ***Library News***

- FREE BOOKS! Are located on the 1<sup>st</sup> & 2<sup>nd</sup> shelves to the left as you enter the Library.
- If you have outstanding books from the library, please return them to the drop slot just inside the library.

If you have any questions, please contact Nancy.



*Stop by the Office  
to pick up the map.*

## ***Let's Get Out and Walk!***

*There is more to walking than just taking steps.*

Walking has numerous physical and mental health advantages. You would be surprised how easy and far you can walk when you have someone to chat with along the way!

Check out the ¼, ½ and 1 mile paths marked on the sidewalks in the Community.

## ***Outdoor 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!







## ***Water Aerobics at Sanatoga Swim Club***

***Tuesdays and Thursdays at 6:30 PM***

Water Aerobics will be on Tuesdays and Thursdays at 6:30 PM.  
Contact Jean Dreibelbis (E-03) for more information.

## ***Wii Bowling Summer 2023***

Wii Bowling will continue on the 3rd Wednesday of the month at 2 PM in the Club Room. Come on up and join the fun!

It is a fun filled hour with all levels of ability.  
Contact Nancy Harley for more information.



## ***Brown Bag History: Part 3 of 6 (Bring Your Lunch!) “The Revolutionary War in Montgomery County”***

***Thursday, August 3 at 12 Noon***

Historian Michael Jesberger, who brought us the presentation on the Legend of Sleepy Hollow, presents a new Lunch & Learn series June through November.

**Bring your lunch and beverage** along and enjoy his historical presentations and slide shows while eating. Join other history buffs and meet a few new friends! Mark your calendar for the next dates in the series: September 14, October 12, and November 9. **RSVP by Wednesday, August 2.** Meets in the Dining Room.

## ***The BRAIN: Part 3 of 3***

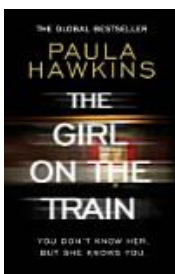
### ***Strategies for Supporting Someone with Dementia***

***Friday, August 4 at 1 PM***

Rescheduled from June 2, Laura Albany of Senior Helpers returns with the last part of their series on Dementia. This seminar will focus on specific strategies for each different stage of dementia, as well as highlighting local resources which specialize in dementia-related services. **RSVP by Thursday, August 3.** Meets in the Dining Room. Mark your calendar for Senior Helpers' 2-part follow-up series, THE HEALTHY BRAIN, which will be on Friday, October 6 and Friday, November 3, at 1 PM on both dates.

## ***Book Club***

***Monday, August 7 at 2 PM***



August 7

- August 7 “The Girl on the Train” by Paula Hawkins
- September 4 “Saints for All Occasions” by J. Courtney Sullivan
- October 2 “A Man Called Ove” by Fredrik Backman

***PLEASE NOTE DATE CHANGE FOR SEPTEMBER***

*Contact Jeanette Granger for more information.*



## ***Lunch Bunch***

**Exeter Family Restaurant**

*(4800 Perkiomen Ave.)*

**Friday, August 11 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 \$3 per person (for the driver) due at sign-up.  
The bus and carpool will leave Berean Bible Church Parking lot at 11:00 AM.

**RSVP by Tuesday, August 8**



*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, August 16 at 2 PM***

Mister Softee will bring the ice cream truck  
to SRC Community Center parking lot!  
*(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 on the Community Center patio!

***Find Your Fitness Factor with Fox Rehab:  
30-Minute Workout Session & Smoothie Tasting  
Thursday, August 17 at 2 PM***

Wear comfortable clothes and sneakers and join us for a healthy, low  
impact workout session designed to keep seniors mobile and fit! After our  
workout, we'll make a healthy smoothie drink to taste, with a recipe to take  
home! **RSVP by Wednesday, August 16.** Meets in the Auditorium.

***BINGO! With Home Instead  
Friday, August 25 at 1 PM***

Susan and Keith from Home Instead are back with everyone's  
favorite game! We've got extra bingo cards now, so we can  
play with several cards at once! Come play a few games and  
try your luck while meeting a few new friends! **RSVP by  
Thursday, August 24.** Meets in the Dining Room.



## ***Nicholas Gentry, Illusionist & Mentalist*** ***Friday, August 25 at 4 PM***



SRC has been fortunate to arrange for Nicholas Gentry, Illusionist and Mentalist who has performed the world over, to join us in the Auditorium on Friday, August 25 at 4 PM.

Nicholas Gentry is the Intellectual's Illusionist who specializes in amazement!! He will dazzle us with objects transformed, metal bent, and borrowed objects that vanish and reappear. These small miracles will happen under our very noses!!

Mr. Gentry was an English Professor at Temple, A Peace Corps Volunteer in Africa and a Teacher in Japan.

According to Gentry, secrets don't matter. What matters is human interaction that we will talk about for years to come!!!



***RSVP by Wednesday, August 23***  
***to sign up for Pizza after the show:***

Cheese pizza: \$2.50 / slice

Pepperoni pizza: \$3 / slice

*Pay by check at the office at the time of sign-up.*

### ***Chair Yoga***

Chair Yoga has been cancelled for the remainder of the summer.  
It will resume in September.

## ***Brown Bag ART History:*** ***A new lunch & learn series on Art History!*** ***Peter Paul Rubens & Francisco de Goya (Part 1 of 8)*** ***Wednesday, September 6 at 12 Noon***

Led by Pottstown Art Historian Martin Bradfield, this new series promises to be interesting and informative. **Bring your lunch and beverage** and learn about art. Ideal for people who know nothing about art but are open to learn, as well as people who are very familiar with art! Martin is a quirky and passionate speaker, and the series will be amazing! **RSVP by Tuesday, September 5.** Meets in the Dining Room. Mark your calendar for the next dates in the series on the first Wednesday of the month: October 4, November 1, December 6, January 3, February 7, March 6, and April 3.

## *Tai Chi for Arthritis*

*Monday, September 11 at 11 AM (8 Mondays)*

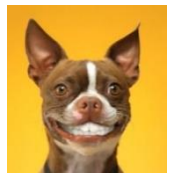
One of our most favorite classes offered by Montgomery County Office of Senior Services, Tai Chi for Arthritis runs from Monday, September 11 through Monday, October 30. Tai Chi is great for improving proprioception, the ability to sense the position of one's body in space, which declines with age. Tai Chi uses gentle stretching which boosts upper and lower body strength and flexibility, improves balance, and helps reduce falls. **RSVP by Thursday, August 31. Class limited to 18 participants.**



### **UPCOMING PUBLIC EVENTS**

#### ***Watch Ridge Reporters for More Information***

- |                 |   |
|-----------------|---|
| September 12    | After a Hospital Stay... What are My Options for Rehab?<br>(Tower Health)                       |
| September 13    | Personal Emergency System Alarm (Vital Link)  |
| September 14    | Brown Bag History: The Civil War:<br>Comrades in Arms/ West Point Classmates                    |
| September 16    | Drive-Through Shredding Event at Sanatoga Ridge (Pro-Shred)                                     |
| September 19    | Fire Safety Refresher   |
| September 21    | Find Your Fitness Factor with Fox Rehab:<br>Push Away Arthritis: Live Stronger Longer           |
| September 25-26 | AARP Smart Driver Class   |
| September 26    | AARP Smart TECH Class   |
| October 04      | Brown Bag ART History: Gauguin & Van Gogh (Part 2 of 8)   |
| October 06      | The HEALTHY BRAIN (Part 1 of 2) (Senior Helpers)  |
| October 11      | Daily Aches & Pains (ATI Physical Therapy)  |
| October 12      | Brown Bag History: The Assassination of President Lincoln                                       |
| October 17      | Making Your Money Last (Edward Jones Financial)   |
| October 24      | Elder Law: Health Care Proxy, Living Will, and Power of Attorney<br>(Weiss, O'Donnell & Mattei) |
| October 25      | American Red Cross Blood Drive  |
| October 27      | BINGO! (Home Instead)   |



***Save the Date!***  
***Saturday, September 16***  
***Drive-Through Shredding Event***

Details to follow!

## **Words on Wheels**

### **Book Mobile**

2<sup>nd</sup> & 4<sup>th</sup> Monday at 10 AM

## **Book Club**

1<sup>st</sup> Monday at 2 PM  
Dining Room

## **Friday Night Social**

1<sup>st</sup> Friday at 6 PM  
Club Room

## **Dominoes**

Mondays at 6 PM  
Club Room

## **Bible Study**

2<sup>nd</sup> Monday at 2 PM  
Dining Room

## **Circle of Support**

1<sup>st</sup> & 3<sup>rd</sup> 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 – Resumes in September**

Floor – Wednesdays at 9:30 AM  
Auditorium



## **SRC Singers**

## **Hooks and Needles**

1<sup>st</sup> Tuesday at 2 PM  
Game Room



## **Vietnam Veterans**

1<sup>st</sup> Tuesday at 7 PM - Dining Room

## **Wii Bowling**

3<sup>rd</sup> Wednesday at 2 PM  
Club Room



## **American Legion**

4<sup>th</sup> 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)**

## 1 Thursday – August 17 – Valley Forge National Park – Trolley Tour

Enjoy a 90-minute trolley tour leaving from the Encampment Store and Gift Shop. The tour will be led by a National Park Service trained tour guide. A film will be shown upon arrival. The tour is a 10-mile driving loop stopping at Muhlenberg's Brigade and Washington's Headquarters.

**Lunch will be at your own expense (Olive Garden Italian Restaurant)**

**RSVP to the Office by Friday, August 11.**

LEAVE BEREAN PARKING LOT: 9:30 AM

Cost: \$25.00



**Watch for more info on this SRC Bus Trip:**  
Strasburg Railroad



## 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 – 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

### 11 Wednesday – September 27 – Dutch Apple Dinner Theatre

*"Jimmy Buffett's Margaritaville"*

Margaritaville – where people go to eat away from it all ...

**RSVP to Carol Griffith by Tuesday, August 1**

LEAVE BEREAN BIBLE CHURCH: 9:45 AM

Cost: \$123.00

### 11 Thursday – October 19 – Silver Birches

*"Germanfest"*

Tap your toes or sing along to The George Stalter Band playing a spirited mix ...

**RSVP to Carol Griffith by Friday, September 1**

LEAVE BEREAN BIBLE CHURCH: 7:45 AM

Cost: \$108.00

**Save the date: Thursday – November 30 – American Music Theatre**  
*"The First Noel"*

2<sup>nd</sup> & 4<sup>th</sup> Saturday  
9 AM to 1 PM  
Smith Family Plaza  
(Boro Hall)  
138 E. High St.  
Pottstown  
[PottstownFarm.org](http://PottstownFarm.org)



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

July 8

July 22

Christmas in July

## 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**

L'oe Show w/ Jamie Orr and Volkswagen Group from Germany

**October 7**

(Open Street Cruising Only)



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

August 6th

Pottsgrove Community Band

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



[PhoenixvilleFirst.org](http://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 6-8 pm. It is an event that features a variety of live musical acts, spread throughout downtown.



# SMILE!



*Put on a happy face and be prepared to give your facial muscles a great workout!*

- Your face has 44 muscles in it that allow you make more than 5,000 different types of expressions, many of which are smiles. And when you're happy, your body pumps out all kinds of feel-good endorphins. An article on Smithsonian.com showed that smiling, even forced, causes our bodies to produce physiological changes that reflect the emotion, such as changes in heart and breathing rate.
- Take every opportunity to make someone smile. One of the easiest ways to get someone to smile is to smile at them first—just like a yawn, smiles are contagious!
- Make a list of things that make you smile and then post them in a place you'll see them often.
- Have a smile-off with someone and see who can smile the longest.
- When you get up in the morning, smile. Think happy thoughts in that one moment; it will set the tone for your day.
- Have a contest with yourself to see if you can smile more times each day during smile week than the day before. Be bold and set a quota for yourself for the week—even 1,000 smiles!
- Get into the habit of visualizing your smiles. The key to achieving what you want may lie in your ability to visualize it. By smiling during your visualizations, you cue your brain that what you are really wanting to happen, actually did, and then your body and mind can change more easily to the desired behavior.
- Smile at yourself in the mirror. By practicing, you find out what a genuine smile feels like. People who smile a lot are perceived to be positive role models.
- The next time you're stressed, don't fall apart. Instead, take a few deep breaths and smile! Smiling may help to reduce symptoms associated with anxiety. When that smile signals to your brain that you're feeling happy (even though you aren't), your body will usually slow its breathing and heart rate.
- People usually look their best—and happiest—when smiling.
- Smile out of gratitude for all the blessings that surround you in life.
- Connect with your family, friends, and neighbors by immediately sharing your smile with them.
- Surround your home in framed photos of you and your loved ones SMILING!
- In the words of the very funny and talented Will Ferrell, who played Buddy in the holiday movie Elf: “I just like to smile! Smiling's my favorite”.

