

August 2024

# RIDGE REPORTER

*Please be kind, respectful and considerate*

There is a lot of turmoil in the world today. Please remember to respect each other's opinions and views. Also remember that opinions and views are personal and not everyone is comfortable or willing to discuss them.

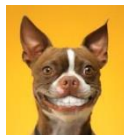
## *Trash & Recycle Policy*

SRC has trash collection twice a week. All trash must be placed at the end of your front sidewalks (or outside your hallway door in the 2<sup>nd</sup> floor Garden Apartments) on Tuesday and Friday mornings by **8:00 AM**. If residents put their trash out later than 8 AM, they will be responsible for disposing of their own trash.

## *SRC Community Center Roof Replacement*

Within the next few weeks, the SRC Community Center Roof will be replaced. Prior to commencing the project, a letter will be distributed to all residents containing more details.

*For everyone's safety, it is imperative that all residents follow safety precautions established around the perimeter of the Community Center.*



**SMILE!**

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

## ***ATTENTION!! EMERGENCIES***

***Please take the time to read the following IMPORTANT information:***

### **MEDICAL/SAFETY EMERGENCIES**

- **CALL 911 for ALL medical or safety emergencies.**
  - Minutes matter in an emergency: Don't delay! Call right away!
- As an independent living community, SRC/BRC provides NO MEDICAL SERVICES OR STAFF. We cannot provide any type of medical assistance other than calling 911.
- All residents are strongly encouraged to have a medical emergency alert system.
  - These systems make emergency services available to you at the touch of a button in the event of a fall or other medical emergency.
  - Medical Alert systems can be purchased through various services.
    - Residents may call the office for a list of resources.
    - Vital Link brochures are available in the Community Center.
      - Be sure to mention that you are a resident in SRC or BRC to receive a special discount.
  - Residents may secure a key in a lock box attached to their front doorknob and provide the combination to the medical alert system company. The code would allow access to emergency services.
  - Residents are encouraged to add the On-Call phone number as a secondary contact to the list of contacts on file with the medical alert system company.
    - When notified that a resident's alert system has been activated, On-Call staff will go to a resident's home to stay with them until emergency services arrive and will also ensure the home is secured if the resident is taken to the hospital.

### **MAINTENANCE EMERGENCIES**

- The SRC/BRC On-Call system is for URGENT MAINTENANCE ISSUES and should NOT be used for medical or safety emergencies.
  - Residents who have an On-Call **box** are REQUIRED to have an **active** landline phone connection. The On-Call box will not work without an active landline.
  - The On-Call box directly dials our On-Call staff.
    - Once the call is connected to the staff member, communication occurs through the on-call box.
  - Residents are encouraged to dial the On-Call number directly to establish a clear connection at 610-326-4043.
- Examples of urgent maintenance include: No heat; no air conditioning; leaking pipe; chirping smoke detectors; refrigerator not cold.
- All non-urgent maintenance and grounds issues should be called into the office – not to the On-Call system.
  - Leave a detailed message. Your request will be entered into our work order system.

## ***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***

***Turning the air on late during a hot day may limit the unit's ability to catch up and cool your home.*** For better efficiency, do not keep turning the unit on and off. It's better to set it and forget it. Do not delay in reporting HVAC problems to the office.



## ***Personal Information Reminder***

Please remember to inform the office if your personal information changes during the year. Information kept at the office includes:

- Phone Number(s)
- Emergency Contact Information
- Power of Attorney (POA) information
- Pet Registration (especially if you get a new pet)

## ***Maintenance/Landscape 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 landscape/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.



## ***After Hours Messages***

Office hours are Monday through Friday from 9 AM to 4 PM. The office is closed for lunch between 12 Noon and 1 PM. Once the office is closed at the end of the day, phone messages are not checked until the next business day. Urgent maintenance issues as described on the previous page should be called into the on-call line at 610-326-4043 (e.g., air conditioner not working, pipe leaking).

## ***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.

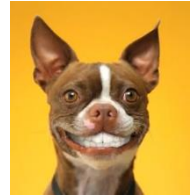
## ***Community Mailboxes***

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 house #
- 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 community activities and events. If supplies are running low, please fill out a Kitchen Pantry Supply Order Form and return it to the office.
- If you require specific supplies for a resident activity or event, please inform the office so those items can be made available to you.
- Residents are responsible for obtaining their own supplies for private parties/events.
- Do not take supplies from the walk-in closet. These supplies are reserved for specific uses and are maintained by management.
- Please wash, dry, and put away all dishes used from the kitchen in their proper place.
- Wipe down all counters and clean out the sinks.
- Rinse and hang wash cloths along with dish towels on the side of the sink to be picked up for laundering.
- Do not leave food items in the trash. Residents are responsible for disposing of trash following a private party/event.

## ***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.

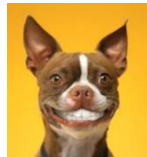
With this in mind, SRC and Coventry Christian have a close working relationship regarding the pavilion, pool membership, equipment, outdoor furniture, basketball/pickleball/shuffleboard courts, and access to various areas of the property as well as upgrades/improvements.

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



## ***Baby Grand Piano***

Do you like to tickle the ivories? Perhaps you had a piano in your home before moving to our community. Did you know that the auditorium has a baby grand piano that is waiting to be played?



## ***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 & Air Hockey***

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 or air hockey?





## Happy Birthday!

- 2 David L.  
Patricia D.
- 12 Nancy M.
- 13 Mary L.
- 16 Ruth Ann W.
- 17 Jean D.
- 18 Gail B.
- 20 Richard E.  
Kitty K.
- 23 Link D.
- 25 Nancy J.  
Doris L.  
Lynda S.



## Happy Anniversary!

- 25 Bob & Sandy E.
- 29 Dean & Loretta R.



## Welcome To The Neighborhood!

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

**Mary & Larry L.**  
Collegeville, PA



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

**Mary Call (A-19)**  
resident since September 2017

## August is known for many things:

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



## Sanatoga Ridge Hair Salon & Library

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

- Ann:
- Beverly:
- Mary:
- SRC Library/Salon Area: 610-326-2780







***Daily Bread Community Food Pantry***  
Daily Bread Community Food Pantry would love to take any surplus of bags you have. Whether it's paper, plastic, canvas, with or without handles. Drop them off in the SRC lobby. Thank you for your donation.

## ***Resident Committee Meeting***

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

*Please plan on attending the September meeting.*

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

***Mondays at 9 AM***

Donna has planted lots of vegetables - tomatoes, corn, peppers, zucchini, peas, green beans, etc. – for sale Mondays at 9 AM in the “N” Court pavilion. See you there! Court “N” Pavilion. Please call Nancy E. 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 E.



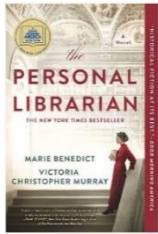
*Stop by the Office to pick up the map.*

## ***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.



August 5

## Book Club

**Monday, August 5 at 2 PM**

- August 5 "The Personal Librarian" by Marie Benedict
- September 2 "Mad Honey" by Jodi Picoult

Contact Jeanette Granger for more information.

## Supermarket BINGO! with Amity Place

**Date Change: Wednesday, August 7 at 10:30 AM**

Donna Uncapher from Amity Place will bring Supermarket BINGO to you! We have extra bingo cards, so you can play several cards at once! **SEATING IS LIMITED – RSVP by Tuesday, August 6.** Meets in the Dining Room.



## Mark Your Calendars!

**Wednesday, August 7 and 21 at 2 PM**

Did someone say, **ICE CREAM?**

Mr. Softee was so popular that we added a second date! Invite your friends and family! Come out to the SRC Community Center parking lot and enjoy some of the many treats they offer! Remember, it is twice a month - 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays - throughout the summer.



## Lunch Bunch

**Spring-Ford Diner**

(55 E Bridge St, Spring City, PA 19475)

**Friday, August 9 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 AM.

**RSVP by Wednesday, August 7**

## The Bingo Addicts

**Saturday, August 10 and August 24 at 10 AM**

On the 2<sup>nd</sup> and 4<sup>th</sup> Saturdays at 10 AM, the Bingo Addicts will be getting together to play some BINGO! Bring a small item to use as a donation for a prize (e.g., grocery, décor, anything small that is new or nearly new and in good condition). The Bingo Addicts will play 10 games. Bring a friend! Meets in the Dining Room.



## ***Needlecrafters!***

***Wednesday, August 14 and August 28 at 3 PM***  
*(Meeting 2<sup>nd</sup> & 4<sup>th</sup> Wednesday)*

If you knit, crochet, cross-stitch, embroider or quilt, why not come to the ***Needlecrafters*** at 3 PM in the Dining Room? Learn a new craft or just socialize with fellow crafters!

*Any questions call Nancy D. or Marie G..*

## ***Brown Bag History: Washington's Headquarters along the Neshaminy***

### ***The August Encampment of 1777***

***Saturday, August 17 at 12 Noon***

When researching and studying the eight years of the American Revolution, the Neshaminy encampment is often overlooked. This piece of Pennsylvania Revolutionary War history lasted for 13 days, from August 10-23, 1777, and was the third longest encampments in Pennsylvania, exceeded only by Whitemarsh and Valley Forge. It is also of importance as this was the location where Washington and his troops camped. At the same time, they waited for news of the elusive British Fleet which was rumored to be heading towards the capital of Philadelphia.

Several key moments of the war occurred here as well. This was the site where the Marquis De Lafayette officially assumed his command. Where County Pulaski was first introduced to Washington. It was also reported that the Betsy Ross flag was unveiled here for the first time. Join LOCAL historical reenactor, lecturer, and tour guide, Michael Jesberger for this lecture. Meets in the SRC Dining Room. **Open to the Public. RSVP by Friday, August 16.**

## ***Entertainment: Maria Damore***

***Friday, August 23 at 4 PM***

SRC is privileged to have back Maria Damore to perform various hits from Hollywood to Broadway Shows! She joined us prior to COVID and now she is back again.

Maria is an accomplished vocalist in many genres and has won awards throughout her career. Please mark the date on your calendar to be sure you won't miss it!! See you on Friday, August 23 at 4 PM in the SRC Auditorium.



## ***Jason Salmon at SoulJoel's Saturday, August 24 at 7 PM***

In the world we live in, a night of fun and laughter makes a big difference! If you are interested in attending the show, please contact June P. for more information and tickets. There is also a bar and restaurant "Gatsby's" for those that would like food and drink.

*SoulJoel's and Gatsby's are located at SunnyBrook.*



## ***Lighten Your Path with Evelyn Dunn, CYT Start the Journey, Discover the Joy of Yoga Beginning Friday, September 6 at 10:30 AM (1<sup>st</sup> and 3<sup>rd</sup> Fridays through December)***

Lighten Your Path instills the principles of Yoga's Science and integrates them into our Mind, Body, and Spirit. Learn to relax and quiet the mind through meditation. Learn and practice postures to strengthen and elongate your body to bring about flexibility and balance. It promotes the body to release tension and toxins, as well as helping to align the skeleton. Humming, singing, and chanting will be introduced. Using the vocal cords and the breath have been shown to stimulate the vagus nerve which in turns helps the body to reach homeostasis or balance. Leave each class feeling relaxed and rejuvenated with a peaceful feeling in your heart. Suggested gratitude offer for each class is \$5. **RSVP by Thursday, September 5.**

## ***Walk With Ease***

***Tuesday, September 10 at 1 PM***

The Arthritis Foundation's "Walking With Ease" is a six-week walking program. Manage Arthritis and reduce pain and discomfort while you increase balance and strength. Brought to you by Montgomery County Office of Senior Services.

**Limited Space. RSVP by Friday, September 6.**



## ***American Red Cross Blood Drive***

Register online at [www.RedCross.org](http://www.RedCross.org)

- Monday, September 16 – 2 to 7 PM
- Wednesday, November 13 – 2 to 7 PM

## ***Shredding Event AND Drug Take Back at SRC Saturday, September 7 9 AM to 11 AM***

Have you found yourself reorganizing, decluttering, and wanting to get rid of personal information? SRC will be hosting a shred event and drug take back on Saturday, September 7 from 9 AM to 11 AM in the SRC Community Center Parking Lot.

Only approved paper-based materials and small fasteners (e.g., paper clips and staples) are permitted. The below are NOT permitted:

- 3-ring binders
- Hardcover books
- Newspapers & magazines
- Plastic objects
- Metal objects
- Electronic media
- Toxic, dangerous or regulated materials



**Open to the Public**



Lower Pottsgrove Police Department will be on-site at SRC to collect unwanted drugs during the Shred Event.

All medications  
MUST be  
removed from the  
bottles and  
placed in baggies.

### **What Items Are Accepted:**

- Over-the-counter medications
- Prescription medications
- Prescription patches
- Prescription ointments
- Vitamins
- Pet medicines

### **What Items Are NOT Accepted:**

- Hydrogen peroxide
- Compressed Cylinders or aerosols (e.g., asthma inhalers)
- Iodine-containing medications
- Thermometers
- Alcohol & illicit drugs (i.e. marijuana, heroin, LSD, etc.)

**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**  
**RESUMES IN THE FALL**

**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

**Needlecrafters**  
2<sup>nd</sup> & 4<sup>th</sup> Wednesday at 3 PM  
Dining Room



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



**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

**Water Aerobics**  
Tuesdays and Fridays at 6:30 PM  
Sanatoga Swim Club

## **BINGO!**

The Bingo Addicts – 2<sup>nd</sup> & 4<sup>th</sup> Saturdays – 10 AM  
Supermarket Bingo w/Amity Place – 2<sup>nd</sup> Wednesday – 10:30 AM  
Dining Room



**Coffee Hour (and Tea too!)**  
Thursdays at 9:30 AM – Dining Room

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



**Pinochle**  
Thursdays at 2 PM – Dining Room

**Lawn Games**  
Thursdays 6 PM  
Garden Area

## 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)**

### Thursday – August 22 – Strasburg Railroad & Cracker Barrel

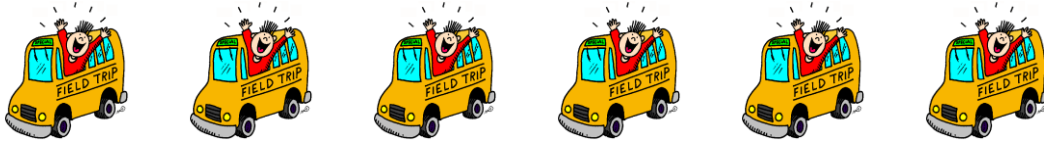
Enjoy a coach ride on Strasburg Railroad. Following the train ride, we will have lunch at the Cracker Barrel at your own expense. After lunch, everyone can enjoy browsing through the beautiful gift shop.

Lunch at your own expense at Cracker Barrel.

**RSVP to the Office by Friday, August 16**

LEAVE BEREAN PARKING LOT: 9:15 AM

Cost: \$30.00



## New Hanover AARP Trips

Checks Payable to:  
**“New Hanover AARP”**

Details posted on the Library Bulletin Board.  
**RSVP to Carol G.**

### 11 Tuesday – October 22 – Penn’s Peak “Yesterday Once More”

#### A tribute to the Carpenters

The Carpenters were one of the most successful musical sibling duos of all time. This show captures some of their timeless songs.

**RSVP to Carol G. by Thursday, August 22**

LEAVE BEREAN BIBLE CHURCH: 9:30 AM

Cost: \$105.00

Details posted on the Library Bulletin Board

Wednesday, November 20 – American Music Theatre “Joy to the World”

## 2024 LOWER POTTS GROVE SUMMER CONCERT SERIES



• Sponsored by: J.P. Mascaro & Sons •

August 4<sup>th</sup>

*Pottsgrove Community Band*



August 3rd

August 31st

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

### L'oe Show – Car Show in Pottstown

August 29 to September 1

[loeshow.com](http://loeshow.com)

L'oe Show has featured many special prototype and race cars, even world-exclusive unveilings of never before seen cars. We're so excited to even have our friends joining with their own amazing cars from around the world, which we ship in by boat, and the owners fly in to drive in Pottstown PA for the weekend.

Previous Cars included the USA unveiling of the Mk8 Golf R, the VW Golf A59 from Volkswagen Classic's collection in Wolfsburg, the world unveiling of the Volkswagen Motorsport TCR Mk8 Prototype, Audi's Le Mans winning LMP1 car (Tom Kristensen's record setting car) and more.



[PhoenixvilleFirst.org](http://PhoenixvilleFirst.org)

**Phoenixville First Fridays**

**Downtown every First Friday, 5:30 pm - 8:30 pm, May - December.**

Each and every First Friday the 100 & 200 Blocks of Bridge Street are closed to vehicles, to give residents and visitors more space to shop, eat and enjoy Phoenixville. Shops and Restaurants extend into Bridge street, so visitors and residents can experience an open-air experience every First Friday.

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.

December's First Friday will be held throughout downtown and in the Main and Bridge Street Parking lot with the Borough's Tree Lighting Ceremony with special guests, Phoenixville's Mayor, Santa and Mrs. Claus.

**LIVE MUSIC. EVERY FRIDAY.**

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