



RIDGE REPORTER

STAFF UPDATES

Fond Farewell – Dave

It is with much sadness that we must say goodbye to Dave. Dave resigned due to health reasons. He was our Grounds Manager and part of our on-call staff. *We will miss him and wish him well!*

Josh has taken on the role of Grounds Manager.

Tyler and Isaac will be staying on as part of our Team. The remainder of our summer help has returned to school.

Welcome – Debbie

Please welcome Debbie as part of our team. She will be assisting with Resident Life and Facilities Administration. Please stop by the office and say hello! *Welcome Debbie!*

LABOR DAY



Office Closing Labor Day Holiday

In honor of the Labor Day holiday, the SRC and BRC offices will be closed on Monday, September 4.



FUN FACTS

Labor Day is the unofficial end of hot dog season. It is estimated that Americans consume over 7 billion hot dogs between Memorial Day and Labor Day.

Medical Alert Services

If you have a medical alert service (e.g., VitaLink, ADT Health, LifeFone), please add our maintenance on-call phone number as a contact. This way our On-Call Team can make sure your house is open for emergency services and secure (nothing in/on your oven/stove, no running water, no candles burning) should you be taken to the hospital.

Addresses – Deliveries & Guests

Remember to let your guests know your home number. Many times we find visitors wandering through our community trying to locate their friend or relative.

When placing orders with Amazon and other delivery services, please be sure they have your full address, including your home number. Packages are often delivered to the Community Center due to having incomplete addresses.

If your address is incomplete, you may not receive your packages. The office makes every effort to ensure packages mistakenly delivered to the office make their way to the addressee.

John Doe
2461 E. High St., **Apt X-12**
Pottstown, PA 19464

*(All units are considered to be
apartment addresses per the
U.S. Post Office system)*

Maintenance or Landscape Items

Do you have a maintenance or landscape item that needs to be looked at or fixed? Please call the office to have it processed through our work order system. 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.

Mechanical Room Storage & Home Safety

With the exception of a few small items, mechanical rooms are not to be used for storage. Immediate access is required to all mechanical equipment by staff or other emergency personnel.

In addition, mechanical rooms are to be free of combustible materials. If you have combustibles in your mechanical room and need assistance in their removal, please call the office.

For your safety, please do not use the stovetop, oven, toaster oven, or microwave for additional storage in your home. By doing so, you run the risk of a potential fire hazard.

Safety Concerns

There are a few safety concerns that the staff would like to bring to your attention.



- Please avoid close contact with a staff member who is working. Flying debris from a worker's area have nearly missed a resident who has gotten too close. There have also been times when a staff member did not hear a resident coming up closely behind them and "near miss accidents" occurred. Please feel free to say hi or wave to a working staff member from a safe distance.

- Residents may not enter a vacant home undergoing renovations. We understand there may be curiosity about what is happening in the home, but in many cases, the home is not conducive for a resident's safety. Please also refrain from standing on the sidewalk leading to a home that is being refurbished.

The staff appreciates your understanding and cooperation with the above safety concerns. While we do not like to appear "unsocial", **safety is our #1 priority for our residents, guests, contractors and employees.**

On-Call Maintenance Response System & Cellular Phones

The on-call maintenance response system buttons and call box will not work without a functioning land line. An increasing number of residents are eliminating their phone land line and using just a cellular phone.

Did you know . . . You do not need an on-call maintenance response system in your home to contact on-call maintenance. You can dial the number directly at 610-326-4043.

If you have an on-call maintenance response system, you can test your system during office hours (Monday thru Friday between 9-11 AM and 1-3 PM). Call the office first to inform them you would like to test your system.

If you have removed your land line and did not turn in your on-call maintenance response system and buttons, please contact the office to have them picked up and removed. The removal of the system will help the staff maintain a more accurate database of which homes have and do not have the systems.

Parking Spaces

Please have your guests & visitors park in un-numbered parking spaces. Any space that has a number is assigned to that home for resident use. Parking spaces allow for one car per space.

Pets in Public Buildings at SRC

Just a reminder to our residents and their guests . . . No pets, except for service dogs, are permitted in the public buildings of the Community. This includes the Community Center building and Garden Apartment hallways. Please adhere to this policy and be sure to inform your guests as well.



Friendly Reminder – Register Your Pets!

Please remember to register your pets with the office! This applies to guests who visit your home with their pets as well.

Here's a great question: *Why should I register my pet?*

We are so glad you asked!

- Safety for your animal – If your pet wanders away from your home and is found by another resident or by staff, we have a record of your pet on file and can help to identify and return it home safely.
- Safety for our staff – If we know you have a pet, we can be prepared upon entering your home to perform maintenance.
- It is required – According to community guidelines, all pets require approval of management.

Pet Registration forms may be requested by calling or visiting the Office.

Thank you for helping to make our community a safe and wonderful place for everyone!



Have you Spotted the SRC ROCKS?

Five painted rocks have been hidden throughout the community to be found by YOU! Join the fun! Take a walk and look for painted rocks. Hide them again (not in the lawns please)! Post your finds to our “Sanatoga Ridge Residents” Facebook page and tag them #SRC-rocks. A big Thank You to Wanda for painting the rocks.

Bus Trips – Information and Reminders

Sign Ups

- SRC bus trips have been filling up quickly! If you are interested in going on a trip, sign up at the office as soon as possible to reserve a spot on the bus.
- Payment is due at the time of sign up.
- If a trip is full, the office will keep a waiting list.



Cancellations

- If someone cancels **before the RSVP date**, the office will return payment and contact the next person on the waiting list.
- If someone cancels **after the RSVP date**, that person should contact the trip coordinator to make arrangements with the next person on the waiting list.
- Refunds cannot be issued if a cancellation occurs **after the RSVP date** and there is no waiting list.



Are You A Puzzle Aficionado??

Check out the selection of new puzzles in the Game Room, which are from your donations. These puzzles are rotated on a regular basis, and you might find a new puzzle to enjoy! Thank you for your donations!



Happy Birthday!

- 2 Betty
- 5 Sandy
June
- 8 Mary
Eileen
- 10 Elaine
Twila
- 11 Jim
- 12 Marie
Sandra
- 17 Tom
- 18 Regina
- 20 Marlene
Bill
- 21 Inna
- 23 Eileen
- 26 Marlene
- 27 Claire
- 30 Howard



Happy Anniversary!

- 2 Link & Nancy
- 3 Ken & Mary Ellen
- 4 Richard & Cynthia
- 6 Donald & Nancy
- 10 John & Beverly
- 11 Mike & Carol
- 16 Ron & Barbara
- 23 Andy & Marie



Welcome To The Neighborhood!

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

Please stop by and introduce yourself.

Barbara
from Whiting, NJ.

Dottie
from Gilbertsville, PA.



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

Marion
Resident since 2015.

Betty
Resident since 2016.

SRC Singers



The SRC Singers are on hiatus until further notice. The winter concert typically held in December has been cancelled.

Please watch future Ridge Reporters for additional information.

Donna & Richard Landis Farm Stand

Donna Landis has fresh fruits and vegetables for sale throughout September on Monday mornings at 8:30 AM in the Court "N" Pavilion. However, they will NOT be here on Monday, September 4 due to Labor Day.

Please call Nancy if you have any questions.

Stony Hill Farm Stand

Beginning Friday, September 1 at 11 AM



Fresh fruits and vegetables for sale in September on the following Fridays: September 1, 15, 29 from 11 AM to 1 PM at the SRC Community Center Patio.

Watermelon, cantaloupe, Zucchini, eggplant, tomatoes, onions, peppers, cabbage, potatoes, probably some sweet corn and maybe a few other odds and ends!

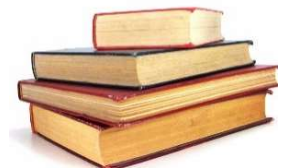
Library News

Many new books and DVDs have been donated to the library in the last few months. You can find them on the shelves to the right as you enter the library.

To make space for the additions, I have removed some of the books and DVDs that have not been used. I also reorganized the books in the game room into more categories so that they would be easier to find.

Hope you stop in and look at the new items and changes.

~Nancy



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.

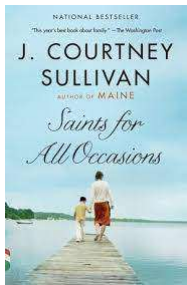
Contact Nancy for more information.



Friday Night Social ***Friday, September 1 at 6 PM***

September has officially arrived and it's time to bring in the fall season with our First Friday Night Social! Come out and join us for a fun-filled event!

- Note the **change of location** for this month!
- We are changing things up a bit with a **WINE AND CHEESE Get-Together**



September 4

Book Club ***Monday, September 4 at 2 PM***

- October 2 "A Man Called Ove" by Fredrik Backman
- November 6 "Angela's Ashes" by Frank McCourt
- December 4 "The Girl You Left Behind" by Jojo Moyes

PLEASE NOTE DATE CHANGE FOR SEPTEMBER

Contact Jeanette for more information.

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.



Lunch Bunch – CARPOOL ONLY

Moccia's Restaurant

(1004 Gravel Pike, Schwenksville)

Friday, September 8 at 11:30 AM

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

This month's Lunch Bunch is carpool only. If you plan on attending lunch, please call the office. We need to confirm the headcount with the restaurant.
RSVP by Tuesday, September 5

Resident Committee Meeting Resumes

Monday, September 11 at 9:30 AM.

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

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.

Space still available. RSVP a must by Thursday, September 7!

Class limited to 18 participants.

Chair Yoga Resumes!

Tuesday, September 12 at 3:30 PM

Beginning Tuesday, September 12 at 3:30 PM, Chair Yoga will resume their weekly session in the Auditorium. If you haven't tried chair yoga, this would be a great opportunity to give it a test run!

After a Hospital Stay... What are My Options for Rehab? (Tower Health)

Tuesday, September 12 at 6 PM

Led by Samantha Simpkins, Clinical Hospital Liaison at the Rehabilitation at Phoenixville Hospital, learn the difference between acute rehab, skilled nursing rehab home care, Medicare Reimbursement, Medicare Advantage. She will also discuss the requirements for acute rehab per Medicare guidelines. Find out what kind of rehabilitation Phoenixville Hospital offers. **RSVP by Monday, September 11.**

Personal MEDICAL ALERT System Presentation ***Wednesday, September 13 at 11 AM***

Are you interested in a MEDICAL emergency button in your home or a necklace/watch you can wear anywhere you go? Vital Link will present these options onsite so we can see the devices and ask questions. (*Vital Link is a local family-owned company which manufactures 4 different medical emergency options that you can push if you slip, fall, or are have any type of medical emergency.*)

Feel free to visit the website at www.AVitalLink.com, or to reach out with questions via 1-800-338-4825 prior to the presentations.

Be sure to mention you are from SRC/BRC.

Open to the public. **RSVP to the office by Monday, September 11.**

Brown Bag History: Part 4 of 6 (Bring Your Lunch!) ***“The Civil War: Comrades in Arms/West Point Classmates”***

Thursday, September 14 at 12 Noon

Historian Michael Jesberger, who brought us the presentation on the Legend of Sleepy Hollow, presents a 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: October 12, and November 9.

RSVP by Wednesday, September 13. Meets in the Dining Room.

Shredding Event at SRC – Saturday, September 16 ***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 on Saturday, September 16 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

PROSHRED
SECURITY
DOCUMENT DESTRUCTION AT YOUR DOOR



Walk With Us – Resumes in September

Starting Tuesday, September 19 at 8:30 AM

It's always nice to have someone to walk with . . . it makes the time go by quickly and you don't realize how long you have walked. Over the summer, our Walk With Us group did not meet because it was way too hot!!!! It appears most people walk first thing in the morning.

The group will resume walking on Tuesday mornings at 8:30 AM starting on Tuesday, September 19. If you are interested in joining the Walk With Us group, please call the office.

Fire Safety For Seniors

Tuesday, September 19 at 11 AM

Seminar brought to you by our friends at Montgomery County Office of Senior Services. Learn how to prevent fires and prepare for fire emergencies.

This presentation will cover:

- Fire Related Risks for Older Adults
- Things You Can do To Lower Your Risk
- What to Do If There Is A Fire

RSVP by Friday, September 15



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, September 20 at 2 PM

Mister Softee will bring the ice cream truck to SRC Community Center parking lot

one last time this 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 on the Community Center patio!

Find Your Fitness Factor with Fox Rehab: Push Away Arthritis: Live Stronger Longer

Thursday, September 21 at 2 PM

Learn how therapeutic exercises geared toward mobility, strength and flexibility help improve your range of motion and increase muscle support to joints. **RSVP by Wednesday, September 20.**



AARP Driver Safety & Technology Classes

Monday, September 25 and
Tuesday, September 26.

See last page for more details.

Entertainment – ELVIS IS IN THE BUILDING!

Friday, September 29 at 4 PM

Yes, rock-n-roll is here to stay with Elvis – one of the greatest performers of this era! Please join us when Dean Garofolo will dazzle us with his performance of this master and delight us with music from days gone by.



Join us for a pizza get-together in the Dining Room after the performance!



***RSVP by Wednesday, September 27
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.

Brown Bag ART History: Gauguin & Van Gogh A lunch & learn series on Art History!

Wednesday, October 4 at 12 Noon

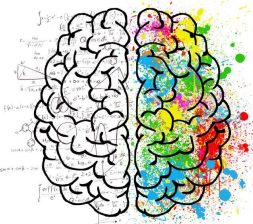
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RSVP by Friday, September 29. Meets in the Dining Room.

The Healthy Brain – Part 1 of 2

Friday, October 6 at 1 PM

Senior Helpers returns with the next part of their series. This seminar will focus on The Healthy Brain. **RSVP by Monday, October 2.** Meets in the Dining Room. Mark your calendar for Senior Helpers' second part of the series, on Friday, November 3, at 1 PM.



UPCOMING PUBLIC EVENTS

Watch Ridge Reporters for More Information

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 (Weiss, O'Donnell & Mattei)
October 25	American Red Cross Blood Drive
October 27	BINGO! (Home Instead)
November 01	Brown Bag ART History: "The Enigmatic Glance": Leonardo da Vinci & Edouard Manet (Part 3 of 8)
November 03	The HEALTHY BRAIN (Part 2 of 2) (Senior Helpers)
November 09	Brown Bag History: The 1918 Influenza Pandemic in Philadelphia
November 14 & 21	Healthy Steps for Older Adults

Save the Date – Octoberfest! ***Friday, October 20***

More details in October's Ridge Reporter.
T-shirts available for order. Contact Diane for more
information about the T-shirts.



Entertainment!

2023 Resident Christmas Luncheon! ***Friday, December 8***

Look for more details in upcoming Ridge Reporters.



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 8:30 AM
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

On Hiatus

Hooks and Needles

1st Tuesday at 2 PM
Game Room



Vietnam Veterans

1st Tuesday at 7 PM - Dining Room

Wii Bowling

3rd Wednesday at 2 PM
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

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)**

☹☹☹ Thursday – September 21 – Strasburg Train Ride

Join us for a trip to the Strasburg Railroad — America's oldest continuously operating railroad! Take an authentic steam train ride through Lancaster County's famous Amish Country. Sit back and relax as you travel through 2,500 acres of the picturesque countryside. Choose your preferred accommodation from Open Air or Coach.

Your ticket entitles you to a 45-minute, round-trip ride through the tranquil Amish countryside to Paradise, PA and back (4.5 miles east and 4.5 miles returning west on the same track).

Lunch will be at your own expense (Cracker Barrel)

RSVP to the Office by Monday, September 18.

LEAVE BEREAN PARKING LOT: 9:00 AM Cost: \$12.00 FOR BUS COSTS ONLY

Need to purchase your own train ticket at the venue

Cost Determined by Car Chosen - Approx. \$25.00 Train Ticket

☹☹ Wednesday – October 11 – Sunnybrook Ballroom

Return of the Sounds of the Sunnybrook Band!

Enjoy Brunch at Brookside Family Restaurant (at your own expense). Then head to Sunnybrook! Return to the sounds of the Sunnybrook House Band! Enjoy the tunes of the big band era.

Lunch will be at your own expense (Brookside Family Restaurant)

RSVP to the Office by Monday, October 2.

LEAVE BEREAN PARKING LOT: 11:00 AM Cost: \$20.00 IF TAKING THE BUS

Show starts at 1 PM

Cost \$15.00 IF CARPOOL OR SHOW ONLY

New Hanover AARP Trips

Checks Payable to:
"New Hanover AARP"

Details posted on the Library Bulletin Board.
RSVP to Carol

☹☹ Wednesday – September 27 – Dutch Apple Dinner Theatre "Jimmy Buffett's Margaritaville"

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

LEAVE BEREAN BIBLE CHURCH: 9:45 AM

Cost: \$123.00

☹☹ Thursday – October 19 – Silver Birches "Germanfest"

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

RSVP to Carol by Friday, September 1

LEAVE BEREAN BIBLE CHURCH: 7:45 AM

Cost: \$108.00

☹☹ Thursday – November 30 – American Music Theatre "The First Noel"

Witness the magic and splendor of this year's all new Christmas Show! ...

RSVP to Carol by Friday, September 29

LEAVE BEREAN BIBLE CHURCH: 10:45 AM

Cost: \$131.00



SMART DRIVER COURSE

(The complete course is two 4-hour sessions)

Monday, September 25 – 1 to 5 PM

Tuesday, September 26 – 1 to 5 PM

SEATING LIMITED

RSVP TO THE OFFICE BY MONDAY, SEPTEMBER 18

\$20 for AARP Members; \$25 for Non-AARP Members

AARP membership is NOT required. All drivers are welcome.

(Payable by check or money order to AARP Smart Driver Course.)

The course is based on the latest driver safety research and insights. Take the course to learn evidence-based safe driving strategies and refresh your knowledge of the latest rules and hazards of the road. After course completion, you may be eligible for a multi-year auto insurance discount (check with your insurance company).

The AARP Smart Driver Course will:

- Refresh your driving skills
- Teach you the new rules of the road
- Discuss techniques for handling left turns, right-of-way, and roundabouts
- Explain research-based strategies to help keep you & your loved ones safe behind the wheel

Plus, there are no tests to pass.

Smart DriverTEK Class

Tuesday, September 26

10 to 11:30 AM

You're in the driver's seat!

Learn about the latest technical features in a car.



This is a free class

AARP membership is NOT required.

All drivers are welcome.

SEATING LIMITED

RSVP TO THE OFFICE BY MONDAY, SEPTEMBER 18

The AARP Smart DriverTEK Class is an educational program explaining updated technology available to drivers which can enhance driving safety and extend safe driving years. All drivers can attend! This is a stand-alone workshop; you do not need to be attending the AARP Smart Driver Course. AARP membership is not necessary, and the workshop is free. As a result of the program, drivers:

- Become more up to date on available safety technologies in cars (e.g., Smart headlights, Adaptive Cruise Control, Blind spot Warnings, and six others)
- Recognize how technologies might enhance driving safety and extend safe driving years
- Improve your understanding of the benefits of safety technologies
- Learn how to properly use vehicle safety technologies