

Changing Seasons *at SRC*

OCTOBER
2026

The
RIDGE REPORTER

Cover photo courtesy of A.M.



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



From Jon's Desk

Celebrating progress



As we move into fall, there is a great deal of positive momentum at Sanatoga Ridge!

Last week, we completed the paving of our main entrance drive and Community Center parking lot, a significant capital improvement that immediately enhances the appearance, safety, and overall first impression of our community. It also reflects our ongoing commitment to reinvest in Sanatoga Ridge and make meaningful improvements that will help keep our community strong for years to come.

You will continue to see that investment take shape across our community as we move into a new year. Some projects will be highly visible, while others will happen more gradually behind the scenes. Each is part of moving Sanatoga Ridge forward thoughtfully while taking good care of the community we already have.

We are also investing in how we tell the Sanatoga Ridge story. New marketing efforts are underway, including the development of a modern new website designed to better showcase our community and help us reach prospective residents who are a good fit for SRC.

Our residents are some of the best people to share what makes Sanatoga Ridge special. Through our Resident Referral Incentive Program, you can help introduce others to our community—and the program is already working, with our first successful resident referral! Stop by the Sales Office to learn more about the program.

These efforts all work together: improving our community, strengthening the resident experience, and sharing the Sanatoga Ridge story with others. There is much more ahead, and we look forward to sharing continued progress with you along the way!

Community Connections



The Friendly Pickle



Many players transitioning from tennis to pickleball as a senior find they already have valuable skills. Hand-eye coordination, tracking the ball and understanding court positioning translate extremely well to pickleball.

However, there are important adjustments:

- **Less big swings, more control.** Pickleball relies heavily on controlled blocks, dinks and compact movements—especially near the kitchen line.
- **A shorter paddle changes spacing.** Tennis players are used to a longer racket and further contact point. Staying lower and adjusting your distance helps smooth the transition.
- **Power isn't everything.** While the game has become faster over time, placement and touch still matter, especially in doubles play.

If you're coming from tennis, your experience is an advantage—just be open to adapting movement and shot selection.

Come on down and dink with us, or just watch us dink.

We have extra paddles and pickleballs. All we need is you.



Pampered & Polished



Creative Connections



Creative Connections



Marie Levine – "Reba"

Information & Reminders

A Friendly Reminder for Pet Owners



We love our four-legged residents, too! Please help keep Sanatoga Ridge clean, safe, and enjoyable for everyone by following a few important reminders:

- **Dogs must be leashed whenever they are outside, and pet waste must be picked up immediately**, including from yards, sidewalks, and common areas.
- Cat litter placed out for trash collection must be **completely contained, double-bagged, and securely tied** to prevent spills during collection.

Thank you for being considerate of your neighbors, fellow residents, and staff by following these guidelines.

Fall Back Sunday, November 1



Daylight Saving Time ends on Sunday, November 1. Before heading to bed on Saturday, October 31, remember to set your clocks back one hour.

CANCELLED:
Community Yard Sale

RESIDENT FINANCIAL MEETING



FRIDAY, OCTOBER 23 @ 11AM

All residents are encouraged to attend.



Fall & Winter Preparations

As we move further into fall, please take a few minutes to complete these seasonal tasks and help our Facilities team prepare the community for colder weather.

- **Outdoor Hoses** – If you haven't already done so, please disconnect all outdoor hoses from outside spigots before freezing temperatures arrive. Need assistance? Call the Office and we will arrange for someone to help.
- **Windows** – Please check that windows and storm windows are completely closed and securely latched.
- **Yard Waste** – Leaves, garden clippings, and other yard waste may be placed next to your regular trash for collection. Yard waste may be placed in a bag, but please leave the bag untied.
- **Garden Plots** – Please clean out reserved garden plots and remove plants and seasonal debris by Friday, November 6.

Snow Preparation Reminders

If you haven't completed the snow-preparation items shared last month, now is the time.

- **Snow Keys** – If you have a snow key on file, please pick it up at the Office, test the key fob battery, replace the battery if needed, and return the key to the Office.
- **Snow Placards** – If you need a replacement snow placard for your vehicle, please let the Office know.
- **Snow Parking** – When snow is expected, residents and visitors should park only in designated areas. Snow parking maps are available at the Office.

Information & Reminders



Birthdays

15	Donald J.		
16	Bob H.		
21	Diane H.		
23	Gregory M.		
25	Kenneth C.		
27	Dianne S.		
30	Barbara M.		
31	Charles M.		

Happy Birthday!



Anniversaries

- 22 David & Gail B.
William & Jacqueline L.
29 Bill & Mary M.

Congratulations!



Keeping Busy



**Saturday, October 31
@ 12:00PM**

The Truth Behind the Legend of Sleepy Hollow

The residents of Sleepy Hollow believed the Headless Horseman to be the ghost of a Hessian soldier. Join historical reenactor and lecturer Michael Jesberger for a fascinating look at one of America's oldest short stories and the real events and history that helped inspire it. The program explores the Hudson Valley during the American Revolution and the enduring legend that grew from it.



**Thursday, November 5
@ 12:00PM
Stealing the Body of
Abraham Lincoln**

Years after President Abraham Lincoln's assassination, a band of criminals attempted to steal his body from its tomb in Springfield, Illinois, and hold it for ransom. Join us for this strange but true tale, including the plot itself and the story behind Lincoln's final resting place.



**Monday, Oct. 12 • 1:30 PM
RSVP Friday, Oct. 9**

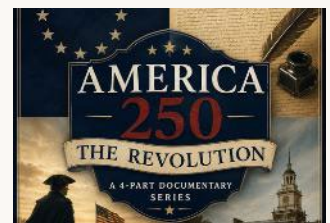
**Monday, Oct. 26 • 1:30 PM
RSVP Friday, Oct. 23**

**Movie Matinee
Friday, October 2
@1:30PM
Mrs. Doubtfire**



Join us for the beloved comedy *Mrs. Doubtfire*, starring the unforgettable **Robin Williams**. Settle in for an afternoon filled with plenty of laughs and heart!

**Documentaries
11AM in the
Dining Room**



Wednesday, October 14
The Revolution — Episode 10: The End Game
Wednesday, October 28
The Revolution — Episode 11: Becoming a Nation

Keeping Busy

Learning and Resources

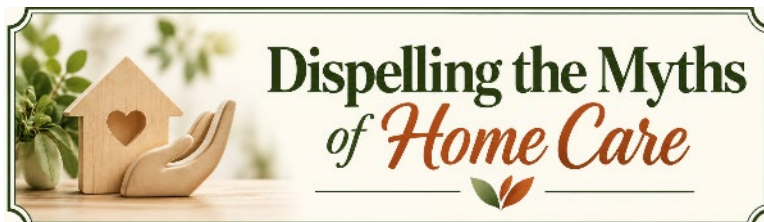


Tuesday, October 13 @ 1:30PM

Bankers Life will bring a special presentation on Medicare and other important financial and healthcare topics. This seminar will cover:

- 2026 Medicare Advantage vs. Original Medicare
- Open enrollment
- What happens if you need long-term care
- Medicare Part D prescription drug plans
- How to avoid probate
- Home health care benefits
- 2026 PA Long-Term Care Partnership Program
- 2026 PACE/PACENET
- 2026 survivors benefits
- 2026 Social Security
- Medicare supplement plans
- How to leave a tax-free inheritance upon death

RSVP Monday, October 12



Monday, October 19 @ 10:30PM

Does receiving help at home mean giving up your independence? Not at all.

Join Home Instead as we separate fact from fiction and explore what home care really is, who can benefit, when it may be helpful, and the different types of support available.

Home Instead provides personalized, non-medical care that can include companionship, light housekeeping, meal preparation, personal care, transportation, medication reminders, and help with everyday activities.

We'll also touch on common questions about cost, Medicare and other benefits, and how the right support can help older adults remain safe, comfortable, and independent at home.

RSVP Friday, October 16



Tuesday, October 27 • 10:30 AM

Join Darius Puff, retired Boyertown Police Chief, as he shares his lifelong interest in history and his own Native American heritage. Through traditional storytelling, historical artifacts, and reproductions, Darius will explore the history and culture of the Lenape people, from their migration through the changes they experienced during the 18th century. Questions are encouraged!

RSVP by Monday, October 26

Keeping Busy

Celebrations & Social Gatherings

Oktoberfest

Friday, October 16, 2026
at 1:00 PM

Soft Pretzels
and Root Beer Floats

Sponsored by



Festive Music
and Fellowship!

Come enjoy a fun fall afternoon with friends and neighbors!

RSVP by Monday, October 12, 2026

Friday, October 30, 2026 at 4:00 PM

Halloween Show & Potluck Party

FEATURING

Paul Hackett

Paul Hackett will be performing a special Halloween show featuring seasonal favorites including *Monster Mash*, *Purple People Eater*, *Werewolves of London*, *Ghost Riders in the Sky*, and more!

Bring a dish to share and enjoy the show!

Costumes are optional, but encouraged!

Residents will vote for their favorites in three categories — *Prettiest, Scariest & Funniest* — with a **\$10 gift card** for each winner.

Sign up at the Office by
Wednesday, October 28.

Keeping Busy

Looking Ahead



You are cordially invited to the
SRC Annual
Christmas
LUNCHEON

Copperfield's
— AT LAKESIDE INN
594 W. Ridge Pike, Limerick, PA

**Friday,
December 4,
2026**

Time to be announced

Join your friends and neighbors for a delicious buffet luncheon in a beautiful lakeside setting. Enjoy great food, wonderful company, and a festive Christmas sing-along!

TICKET SALES
Tuesday, October 21 – Wednesday, November 18
Details and pricing to be announced soon!

Navigating Senior Services

Lunch & Learn • Wednesday, November 18 • 12:00 PM

Navigating senior services can feel overwhelming. Join us for lunch and an informative panel discussion with local professionals who will share practical guidance and resources for older adults and their families. Topics will include senior living, skilled nursing, home care, therapy, Medicare, transportation, and elder law. Bring your questions and learn more about the services and support available when you or someone you care about needs help.

Residents are encouraged to invite family members, friends, or others who may benefit from this important conversation.

Our Panelists:

Mike Melnick, FOX Therapy • Jennelle Jamison, Chestnut Knoll • Sheena Myers, SE PA SNFs • Linda Detwiler, Chestnut Knoll at Home • Jess King, Eldercare Collaborative • Jon Kline, Sanatoga Ridge Community • Sean Curran, Curran Law

RSVP Friday, November 13

Keeping Busy

Social Gatherings



OCTOBER SCHEDULE



Saturday, October 10

10:00 AM – 12:00 PM
Main Dining Room



Saturday, October 24

10:00 AM – 12:00 PM
Club Room

**NEW
LOCATION
for 10/24
ONLY!**



ENTRANCE FEE

\$1

*(Monies collected become
the Cover-All prize.)*



BRING 2 ITEMS FOR THE PRIZE TABLE

Acceptable donated items: Grocery,
décor, anything small.

*Note: Décor or small items must be new
or nearly new and in good condition.*



GAMES TO BE PLAYED

- Straight Bingo
- Cover All



NUMBER OF GAMES

10

Each game may consist of 3 rounds.



BRING A GUEST!

If you have a guest for the day or weekend,
bring them to join in the fun. The same rules will apply to guests.



– The Bingo Addicts

Keeping Busy

Trivia and Humor

Take a break, test your knowledge & enjoy a laugh!



Autumn Trivia

1. What pigment is responsible for the orange color seen in many autumn leaves?
A. Chlorophyll B. Carotene C. Melanin
D. Indigo
2. What is the name of the full moon that occurs closest to the autumnal equinox?
A. Harvest Moon B. Hunter's Moon
C. Beaver Moon D. Blue Moon
3. Which U.S. state produces the most pumpkins?
A. Pennsylvania B. California C. Illinois
D. New York
4. Before pumpkins became popular for jack-o'-lanterns in North America, what vegetable was traditionally carved in Ireland and Scotland?
A. Potatoes B. Turnips C. Cabbages
D. Beets
5. Which famous American poet wrote *The Road Not Taken*?
A. Walt Whitman B. Robert Frost C. Henry Wadsworth Longfellow
D. Edgar Allan Poe



Just for Laughs

Why did the scarecrow win an award?

Because he was outstanding in his field.

What did one autumn leaf say to another?

"I'm falling for you!"

Why are trees so carefree in autumn?

Because every year they learn to let things go.

A man tells his doctor, "Doctor, I think I'm getting forgetful."

The doctor asks, "How long has this been going on?"

The man replies, "How long has what been going on?"

Brain Teaser

What comes once in a minute, twice in a moment, but never in a thousand years?

No peeking! Answers below.

ANSWERS

- Trivia:** 1. B — Carotene • 2. A — Harvest Moon
• 3. C — Illinois • 4. B — Turnips •
5. B — Robert Frost

Brain Teaser: The letter M



Keeping Busy

Weekly Activities

Mondays

Resident Meeting • 10:00 AM (1st Monday)
Dominoes • 6:00 PM
Social Committee (2nd Monday) • 11:00AM
Book Club (1st Monday) • 2:00 PM
WOW Book Mobile (2nd & 4th) • 10:00 AM
Creative Connections • (4th Monday) • 1:30PM

Tuesdays

Mahjong • 1:00 PM
Chair Yoga • 3:30 PM
Pickleball • 6:00PM
Vietnam Veterans (1st Tuesday) • 7:00 PM



Wednesdays

Resident Prayer • 9:00 AM
Floor Yoga • 9:30 AM
Needlecrafters (2nd & 4th) • 3:00 PM
Men's Bible Study (Every other
Wednesday) 12:00PM
Pickleball • 6:00PM



Thursdays

Coffee Hour • 9:30 AM
Pinochle • 2:00 PM
Rummikub • 6:00 PM
Lawn Games • 6:00 PM
American Legion (4th Thursday) • 7:00 PM



Fridays

Pickleball • 10:00AM
Canasta • 6:00 PM



Saturdays

Bingo Addicts (2nd & 4th) • 10:00 AM
Balloon Volleyball (3rd Saturday) • 2:00PM

At a Glance

Book Club

Monday, Oct. 5 — Lady Tan's Circle of Women by Lisa See



Upcoming:

- Nov. 2 — Our Missing Hearts by Celeste Ng

Social Committee Meeting

Monday, October 12 @ 11:00 AM

Friday, October 9 @ 12:00PM

Shorty's Sunflower Cafe
Depart Berean at 11:15 AM.

NOTE: Bus: \$3



Valley Forge National Historical Park

Thursday, October 8 @ 1:00 PM

- Leave Berean 1:00 PM
 - **COST: \$31**
- Guided tour with military historian Michael Jesberger.

RSVP by Friday, October 2



AARP Bus Trips

Thursday, November 19

"Winter Wonderland"

Contact Carol

Details are posted in the library.

LOOKING AHEAD



The King's Players of Alliance Christian School present *Little Women*

Wednesday, November 4, 2026

Movie Matinee

Friday, November 6 @ 1:30PM

The Help

Blood Drive

Tuesday, November 10 • 1:00 PM