

# November 2023



SANATOGA RIDGE  
COMMUNITY

# RIDGE REPORTER



***Don't forget to change your clocks and "Fall Back" one hour on Sunday, November 5.***

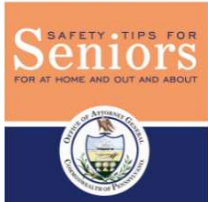
## ***Community Center Parking***

When visiting the SRC Community Center, please pay special attention and do not park in the numbered parking spaces. Typically, the parking spaces for the houses along the parking lot are in front of the assigned home. However, for D-19 and D-20, the parking spaces are located along the roadside of the parking lot. The "Sales Appt" spaces are for potential residents who have appointments with our Sales Team.



Thank you for your cooperation.

## ***Scam Phone Calls***



Occasionally residents have called the Office to report they have been the recipients of scam phone calls. **We urge all residents to be cautious when answering the telephone.**

The Office of the Attorney General of Pennsylvania has published a helpful pamphlet – *Safety Tips for Seniors* – which is available at the Office window and in the library.

Some Quick Tips from the pamphlet:

- If you don't know the number, **DO NOT ANSWER**. Let your machine pick up.
- **EXAMINE YOUR MAIL** – if the postmark is from outside the U.S., it is most likely mail fraud.
- Beware of anyone **DEMANDING PAYMENTS** in gift cards or prepaid credit cards.

Stop by the Community Center to pick up a pamphlet.

*Be alert; be secure; be smart.*

## ***Office Closure & Trash Reschedule***



A reminder the Offices will be closed on Thursday & Friday, November 23 & 24 for the Thanksgiving holiday.

***Trash AND Recyclables will ONLY be collected ONCE that week on Wednesday, November 22.***

Please do not put your trash out on Tuesday or Friday.

## ***Trash Reminder***

- Please tie all trash bags (to prevent loose trash becoming a problem for the collectors).
- Rinse recycling.
- Shredded paper is recyclable – must be bagged separately.
- Yard clippings must be separated from both trash and recycling. You can just leave the clippings and we will collect them at normal trash pickup. No need to call the Office.
- Although our trash crew can be delayed, our policy states that trash starts at 8 AM. If your trash is not out by 8 AM and gets missed, we ask you to either dispose of it yourself or hold onto it until the next trash day.
- Unless your trash is in a covered bin, we ask you to not leave it out over night due to animals.
- Place at the end of your sidewalk – keep main sidewalk clear for people walking.
  - Avoid placing trash on the porch as other items could also be picked up by mistake.
  - If it is not visible from the road, it may not be picked up.
- Call the Office if you have trouble getting trash to the end of the sidewalk.

## ***Maintenance of Resident Perennials***

Residents may plant perennial plants in their mulch with the understanding that the maintenance responsibilities of any perennial planted belongs to that resident. The staff are able to trim or remove perennials through the proposal process. Please contact the Office for more information.

## ***Shredding Event Update***

In September we held a Shredding Event that was open to both residents and the public. Many visitors commented on the beauty of the community!

This year we collected and shredded 3.75 tons (7,500 lbs.).

Thank you for all who contributed to this successful event.

**Next Shred Event  
is held at BRC on  
Saturday, April 6.  
Watch for details!**



## ***Contact Information***

Please remember to keep the Office informed of any contact information changes. If you have a cell phone, it is also helpful for the Office to have that number in case your house phone is not working and we need to contact you.

## ***Going Away for a Few Days?***

We are excited that you get the opportunity to go away for a few days. However, please inform the Office of your absence. The Office occasionally gets calls from people concerned that they can't reach you or that your mail, newspaper or packages are starting to pile up. If we know of your absence, it is an easy answer to let them know you are OK.

For the safety of the Community, we ask that you let us know if someone will be getting your mail, going in your home or taking care of your pets. It is also helpful for the Office to have a contact number for you (or the person house-sitting for you) in case we need to reach you.

## ***Medical Alert Systems***

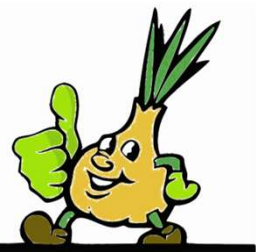
Residents who have a medical alert system are encouraged to add the on-call phone number to the list of contacts with their servicing company. By adding the on-call number, on-call staff can be notified that emergency personnel have been dispatched to a resident's address. On-call staff will ensure the home is secured if the resident is taken to the hospital.

All residents are encouraged to have a medical alert system to call for emergency services in the event of a medical emergency. As a reminder, our community has no medical personnel on staff nor is our staff permitted to provide medical aid in the event of an emergency. SRC/BRC's On-call System is for maintenance emergencies only.

A list of medical alert service providers is available by request at the office.

## ***Green Thumbs***

We are excited to see our hard-working residents participate and cooperate in such a beautiful activity. Between the produce and the beauty, many families benefited due to the hard work and time put into making these gardens a success. We are thankful for everyone's help and are hoping that next year will be even better!



In order to give everyone a better start on the next season, we ask that the plots be completely emptied by Friday, November 17. You can leave all debris by the side of the shed in or around the wheelbarrow. If anyone is doing winter plants, bulbs, or produce for future years, please contact the Office so we are aware.

## ***Seasonal Maintenance Items***

***Hoses*** – Hoses in the front and back of your homes must be disconnected by Friday, November 10. Turning off the water is not enough. Water can back up and burst the pipe. If you need assistance disconnecting your hose, please call the Office to schedule a staff visit.

***Salt Bags*** – ***Snow, sleet, freezing rain, ice are just around the corner.*** Please be sure to call the Office by Friday, November 10 if you would like a salt bag placed on your porch for the occasional icy areas that freeze overnight during the winter months. For planning and supply purposes, please call the Office by the deadline.

***Before it Snows*** – Please remove all personal decorations such as flowerpots, chairs, flag holders, bird houses, solar lights, etc. from the sides of your walkways and/or driveways. When covered by snow, these items cannot be seen and may become damaged by the snow removal crew. SRC will not be held responsible for damage to these items.

***Mechanical Room Doors*** – Please make sure your mechanical room door is closed to prevent frozen pipes.



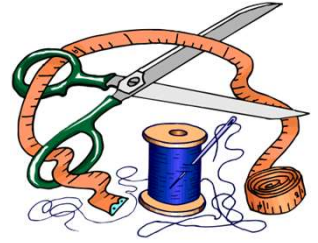
## ***SNOW? Yes! It's That Time of Year Again!***

The basics of the Snow/Ice policy are as follows:

- You must sign a waiver in the Office for us to have permission to move your car and to clean it off.
- A set of your car keys will be kept and locked in our Office for our snow crew to be able to move your car at their convenience for plowing.
- It is NOT mandatory to participate with this snow policy.
- If you do not participate, please be aware that your car will NOT be moved or cleaned off. YOU will be responsible for moving your car temporarily to a designated parking area on your court map.
- If you do not move your car for us, then you will be responsible for clearing the snow around your car.
- Check your court map for appropriate parking locations during a snow event.

## ***Stitches & Seams***

Stitches & Seams (formerly the sewing club) needs a new leader. Stitches & Seams provides sewn donations to various organizations throughout the community. Please contact the Office if you are interested in leading Stitches & Seams.



## ***Veterans' Wall of Honor***

We are proud of the Veterans' Wall of Honor in the Community Center Dining Room. All residents are encouraged to view the wall.

As we celebrate Veterans' Day and thank the men and women who have given of themselves in service to this great nation, may we never forget their selfless devotion and commitment to our freedom.

*America without her soldiers would be like God without his angels. –  
Claudia Pemberton*



## ***Carol's Café***

***A cozy place to sit and  
enjoy your favorite coffee  
or tea with a friend!***



## ***Christmas Child Project***

November is the month of Thanksgiving when we should think about what we have to be thankful for, how blessed we are to live in such a beautiful community and to have all the comforts that we have. There are many in our local area who are struggling to have necessary clothing. Barbara has volunteered to continue the Christmas Child Project which benefits the families through the Cluster of Churches, Genesis Women's Clinic, and Salvation Army. If you would like to contribute to this very worthwhile project, please bring your gift **UNWRAPPED** to the Community Center lobby. The gifts should be brought in November 1 through December 17.



Much needed items include:

- Infant blankets
- Disposable diapers, sizes 4-6 (these larger sizes are greatly needed)
- Clothes for newborn through 3 years old (underwear, sweaters, sweatshirts, outfits, onesies, booties, shoes, socks, mittens caps, jackets)
- If you prefer to contribute a monetary (CASH) donation, please drop your donation in the Office in-box on the wall. Your **CASH** donation should be in an envelope with "CHRISTMAS CHILD" clearly marked. No checks please.

The **CASH** donations are distributed between the organizations listed above.

Mark your calendar for this wonderful opportunity to make a needy child's Christmas brighter! (**NO toys or food items, please.**)

## ***Veterans' Day - November 11***



Veterans' Day occurs on November 11 every year in the United States in honor of the "eleventh hour of the eleventh day of the eleventh month" of 1918 that signaled the end of World War I, known as Armistice Day.

In 1954, President Dwight D. Eisenhower officially changed the name of the holiday from Armistice Day to Veterans' Day.

In 1968, the Uniform Holidays Bill was passed by Congress, which moved the celebration of Veterans' Day to the fourth Monday in October. The law went into effect in 1971, but in 1975 President Gerald Ford returned Veterans' Day to November 11, due to the important historical significance of the date.

Veterans' Day commemorates veterans of all wars. Thank you to all who have served.

## Happy Birthday!

- 4 Lee  
Kathryn  
Kathie
- 5 Nora
- 6 Carol  
Kathi
- 8 Pam
- 9 Janet
- 12 Marian  
Ed  
Theresa
- 13 Leslie
- 15 Skip  
Pat
- 16 Betty  
Nancy
- 17 Suzie  
Doug
- 18 Cynthia
- 20 Leon  
Carolyn
- 21 Marie
- 22 Muriel
- 23 Deborah
- 25 Vivian
- 26 Nancy  
William  
Ruth
- 28 Nancy  
Carol
- 29 Edie  
Dennis
- 30 Andy

## Happy Anniversary!



- 1 Skip & Norma
- 3 Stephen & Cheryl
- 6 Bill & Gerry
- 21 Doug & Nancy
- 23 Glenn & Nora
- 27 George & Bobbi



## Welcome To The Neighborhood!



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

**Pam**  
from Pottstown, PA



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

**Gus** Resident since November 2021.  
**Nancy** Resident since November 2011.  
**Sandy** Residence Since January 2010.

The chrysanthemum is the November birth flower. The chrysanthemum means compassion, friendship and secret love. This flower can be red, white or yellow. Chrysanthemums have been grown by the Chinese for over 2,000 years. This flower is also a symbol of the sun. Chrysanthemum was named after the Greek word which means gold flower.





A wonderful bus trip to the Boyertown Automotive Museum and lunch at the Spunktown Diner.



A fun day with SRC group at the Valley Forge National Park with a trolley ride tour followed by lunch at the Olive Garden.



We had a delicious meal along with great friends from SRC at Exeter Family Restaurant! Thanks to Link Davis for the bus service.

## Keeping Busy



***American Red Cross Blood Drive***  
***Monday, January 15 from 10 AM to 3 PM***  
Register online at [www.RedCrossBlood.com](http://www.RedCrossBlood.com).

### ***How Comfortable Are You Using Our Gym Equipment?***

Do you know how to use our gym equipment correctly? Would you find it helpful if someone walked you through each piece of our gym equipment? Mishock Physical Therapy has offered to come to our community fitness room and teach you the safe and proper ways to use our equipment. If this interests you, please call or stop in at the main office and let us know. If enough residents are interested, we can add Mishock's demonstration to next year's calendar of events!



## ***Brown Bag ART History: “The Enigmatic Glance” Leonardo da Vinci & Edouard Manet***

***Wednesday, November 1 at 12 Noon***

Led by Pottstown Art Historian Martin Bradfield. This third lecture compares two famous paintings that feature an “enigmatic glance”, The “Mona Lisa” by Leonardo da Vinci and, “Bar at the Foiles Bergere” by Edouard Manet. Within the Mona Lisa description is a deep dive into that particular painting and a basic overview of DaVinci’s life and career. To pique your curiosity, Martin controversially and humorously suggests that he can “prove” that DaVinci’s main preoccupation while painting the Mona Lisa was the discovery of clam shells on a mountain! This lecture always has a lot of lively discussion afterwards.

Within the discussion of Manet’s, “Bar at the Foiles Bergère”, Martin talks about this fascinating and underrated “Realist” painter and his unique physical and psychological perspective. He made the “transient” transcendent and propelled Art into the Modern Age.

**Bring your lunch and beverage.** Open to the public. Meets in the Dining Room.

## ***Pickleball***

***Wednesday, November 1 at 5 PM and  
Friday, November 3 at 9 AM***

Thank you to everybody that participated in Pickleball (both players and fans). A big “Thank You” to Pat Higgins for all she did to help our communication. Starting the second week of November, we won’t have any scheduled games. We will play as the weather permits. For more information, contact Ernie.

## ***The Healthy Brain – Part 2 of 2***

***Friday, November 3 at 1 PM***

Senior Helpers returns with the second part of the series on The Healthy Brain. Laura Albany is looking forward to providing education on what is a healthy brain. During this presentation, she will review how an average brain is supposed to function and will teach you strategies for keeping your brain healthy and thriving! Open to the public.



## ***Friday Night Social*** ***Friday, November 3 at 6 PM***

Our last Friday night social wine and cheese of Fall 2023 will be held at a Cottage starting at 6 PM. This event promises to be a rousing success based on the last two. Come join us and share in the fun with fellow residents!

Bring your own refreshments for everyone to share!!

*I especially want to thank our hostesses from October's Friday night socials that contributed to its success!! ~Diane*

## ***Resident Committee Meeting*** ***Monday, November 6 at 9:30 AM.***



November 6

## ***Book Club***

***Monday, November 6 at 2 PM***

- November 6 “Angela’s Ashes” by Frank McCourt
- December 4 “The Girl You Left Behind” by Jojo Moyes

*Contact Jeanette for more information.*



## ***The Alliance Christian School District*** ***The King's Players Present*** ***“Charlotte’s Web”***

***Wednesday, November 8 at 1 PM***

Join us as the children present “Charlotte’s Web” in the SRC Auditorium. This will be a performance you should not miss!

## ***Brown Bag History: Part 6 of 6 (Bring Your Lunch!)*** ***“The 1918 Influenza Pandemic in Philadelphia”*** ***Thursday, November 9 at 12 Noon***

This is the last in the 6-part series presented by historian Michael Jesberger. **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! Open to the public. **RSVP by Wednesday, November 8.** Meets in the Dining Room.



## ***Lunch Bunch***

**Spring Hollow Golf Club**

*(3350 Schuylkill Rd., Spring City)*

**Friday, November 10 at 12 Noon**

*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 11:40 AM.

**RSVP by Tuesday, November 7.**



## ***Karl Hausman***

**Friday, November 10 at 3 PM**

Karl is returning and will delight us with his piano playing in the Auditorium on Friday, November 10 at 3 PM. Come enjoy and sing along with many of your favorite songs. Don't miss this iconic visitor!

*Karl fell in love with the piano at just 3 years old. He is considered one of the greatest rock 'n roll pianist on the east coast. He has performed with Neil Diamond, Roy Clark, Conway Twitty, Johnny Cash and Marvin Gaye!!*

*CDs will be available for \$5 and 4 books for \$15 each.*



## ***Medicare Seminar***

**Tuesday, November 14 at 11 AM**

The open enrollment period in which you can choose a new Medicare plan is happening now. This is the perfect time to get the facts and educate yourself on Medicare.

Join Ed Savitsky, Certified Medicare Counselor, on Tuesday, November 14 at 11 AM in the Dining Room as he explains Medicare in simple terms, shares Medicare updates, and discusses items to consider when choosing a plan.

Ed will discuss the differences between Medicare, Medicare Supplemental, and Medicare Advantage. A "Question and Answer" session will follow. **RSVP by Friday, November 10. This is open to the public.**



## ***Healthy Steps for Older Adults***

***Tuesday, November 14 and Tuesday, November 21 at 1 PM***

Presented by Montgomery County Office of Senior Services, Healthy Steps for Older Adults (HSOA) is an evidence-based falls prevention program for adults ages 60 and over. The program is designed to raise participants' fall prevention knowledge and awareness, introduce steps they can take to reduce falls and improve their health and well-being, and provide referrals and resources. Open to the public. **RSVP by Friday, November 10.**

## ***Premiere Dance Studio***

***Sunday, November 19 at 1:30 PM***



Let us entertain you! Dancing, beautiful costumes and smiles coming your way. Premiere Dance Studio is bringing their dance performance to you! Dancers, ages 4 to 14, will be performing on Sunday, November 19 at 1:30 PM in the Auditorium. This is a free event and open to the public.

## ***Watching Out For Us! Skills for Safe Walking***

***Monday, November 20 at 10 AM***



Presented by Montgomery County Office of Senior Services, they will discuss how to be safe crossing intersections, in parking lots, on sidewalks, and other situations. Open to the public. **RSVP by Friday, November 17.**

## ***Brown Bag ART History:***

***“I’ve Read the Nudes Today, Oh Boy!”***

***Titian, Manet and Picasso***

***Wednesday, December 6 at 12 Noon***

Led by Pottstown Art Historian Martin Bradfield. This 4th lecture talks about the symbolism and the significance and the attitude of the “Nude” throughout Art History. The featured artists are, Titian, Manet and Picasso. This fascinating lecture reveals how the nude has gone from an allegorical symbol (Titian), to a realistic scandal (Manet), to eventually amoral problems of geometry and torsion (Picasso). **Bring your lunch and beverage. RSVP by Monday, December 4.** Open to the public. Meets in the Dining Room.



## Residents' Christmas Luncheon

**Friday, December 8- 11:30 AM**  
**Berean Bible Church - Fellowship Hall**

*(Doors open 10:30 AM)*

**Cost— \$20**

*(Resident, Member of Resident Committee -  
currently paid \$5 yearly dues)*

**\$29**

*(Resident, Non-Member of Resident Committee)*

**\$29**

*(Non-Resident Guest and BRC Residents)*

**RSVP and Payment Due (CHECKS ONLY) at Office by  
12 Noon, Tuesday, November 28  
(NO EXCEPTIONS)**

*Minimum of 100 reservations required*



**Musical Christmas Program in the Sanctuary by Bow Tree Brass.**  
*Christmas Carol Sing-Along and Door Prizes Too!*



***Buffet Meal by Wegmans will include:***

*Old Fashioned Baked Ham  
Chicken Breast w/Bread Stuffing  
Baby Glazed Carrots  
Shoepg Corn  
Potatoes Au Gratin  
Assorted Pies & Cakes*

*As well as all the extras, such as creamy coleslaw, cranberry relish, fruit salad, applesauce, rolls & butter, mints, sweetened iced tea, coffee, lemonade.*

## Resident Entries



1<sup>st</sup> PLACE  
KITTY



2<sup>nd</sup> PLACE  
NANCY



3<sup>rd</sup> PLACE  
GWYNNE

*Thank you to all the residents and staff who participated in this year's contest! The entries were so creative and generated lots of fun conversation!*



1



7



10



12



14



1<sup>st</sup> PLACE  
OLIVIA



2<sup>nd</sup> PLACE  
MARGARET



3<sup>rd</sup> PLACE  
TODD



7

## Staff Entries



3



7

## **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  
Various Locations

## **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 McMenamain Rec Center

## **Pickleball**

Wednesdays and Fridays  
(Weather Permitting)  
Sanatoga Swim Club

## **Walk with Us**

Tuesdays 8:30 AM  
Community Center Flagpole



## **Yoga**

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

## **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



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)**

## 111 Thursday – November 16 – The Stoozeum

The Stoozeum is a 3-story, 10,000 SF building displaying thousands of pieces of Stoozeabilia! It also houses an 85-seat theater, research library and archive, and film vault. Artifacts from the early 1900s to the present are on exhibit. Some of the things you will see in the award-winning collection includes: personal items, movie props & costumes, rare photos, interactive displays, movie posters, toys, games & novelties, and artwork. *All 3 floors can be reached by elevator.*

**Lunch will be at your own expense (Spring House Tavern)**

**RSVP to the Office by Friday, November 10.**

LEAVE BEREAN PARKING LOT: 8:45 AM

Cost: \$15.00



## New Hanover AARP Trips

Checks Payable to:  
"New Hanover AARP"

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

## 11 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**

LEAVE BEREAN BIBLE CHURCH: 10:45 AM

Cost: \$131.00

**Upcoming Trip – January**  
**Pottsgrove Manor with lunch at Sunflower Cafe**