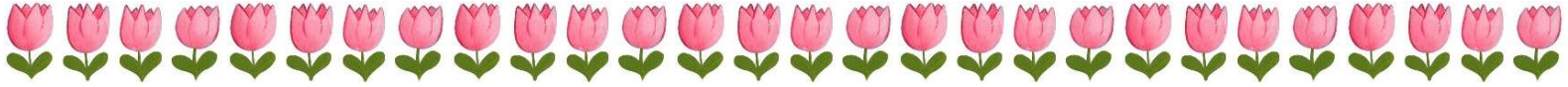


APRIL
2024



Shredding Event at BRC

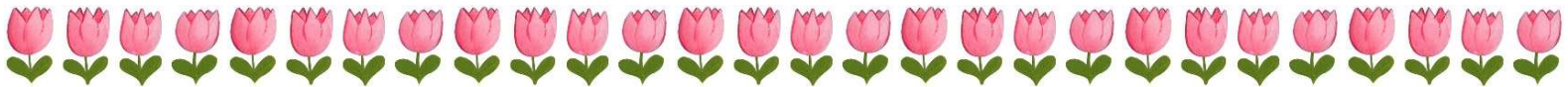
Saturday, April 6 at 9–11 AM at Buchert Ridge

Have you found yourself reorganizing, decluttering, and wanting to get rid of personal information? BRC will be hosting a shred event from 9 AM to 11 AM.

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®



Open House at SRC
Apartment Building “J”
Saturday, April 13 at 9 AM to 12 Noon

Guests

It has been reported to our office some residents in our community may have an “unregistered guest” living in the home. See the policy information listed below. **For the safety of our residents, any resident having an extended guest staying with them must contact the office.**

Our policy states: Guests are permitted to visit and must abide by BRC management rules. Overnight guests are limited to 14 consecutive days, unless approved by the BRC Management as an "Extended Stay Guest". The monthly fee for a 2nd person will apply and an "Extended Stay Guest Agreement" must be signed with BRC administration, if approved.

Recurring overnight guests will be treated as “Extended Stay Guests” and will subject the resident to additional occupant fees as applicable. Failure to register “Extended Stay Guests” or abuse of this policy may result in the resident losing Guest privileges.



Stranger . . . Danger!

Remember what you told your kids . . . Stranger . . . Danger! Never approach or speak to someone you do not know. The office has received several calls from residents stating they approached a stranger in the community.

For your safety, **PLEASE CALL THE POLICE IMMEDIATELY!** We are “no trespassing” communities. Let the police figure out if the person is permitted in the communities (e.g., visiting a resident, legitimate food/package delivery, transport service). If the person should not be in the community, the police have the capability to escort them from the property.

Unfortunately, in today’s world, you have to be careful and cannot trust everyone you meet.

Items To/From Attic or Basement

Just a reminder that we take items to/from your attic or basement every Monday. Please make sure you contact the office by noon on Friday of the week prior to be put on the schedule. If an emergency arises, we will try to accommodate a special request.



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. Thank you for your cooperation.

Bulletin Boards with Information

Please remember to take a look at the bulletin boards that are in the McMenamain Rec Center. These bulletin boards contain gentle reminders, upcoming events and important information. They are located in the main area and the hallway near the office.

Feeding Wildlife



Who doesn't love Mickey Mouse or Alvin and the Chipmunks! Great animated animals; however, real life animals are a different story. To avoid attracting various rodents, please do not leave bread or any other food items outside.

Garden Hoses

If you are purchasing a new garden hose for the season, please make sure it has **brass fittings**. Brass fittings will not corrode as easily and will not cause a corrosion problem.

Salt Bags

Please place your salt bag out with your trash for collection.

Uninvited Visitors

As the temperatures rise and rain falls, you may receive some unwelcome visitors inside your doors. When it rains profusely, worms leave the dirt to avoid drowning, and often try to find a temporary home under a doormat or something similar. This, plus a gap in the weather seal or the frequent passing through the door, allows them in your home.



To make your doormat less welcoming to our slimy companions, place some salt under your doormat! Not only will it dry it out some, but the increased salinity of the mat will keep the worms at bay. Just remember – due to their aeration and fertilization of the ground, we have worms to thank for all of the beautiful spring flowers!

Landscape Upkeep

As a community matures, so does the landscaping. This year we will be removing/trimming/thinning overgrown shrubs, bushes, and trees. Many of the items need to be addressed due to utility companies and Township requirements. We have found fire hydrants, sewer cleanouts, and utility pipes buried under mulch or in the middle of a bush/shrub.

Realty Landscaping

Realty Landscaping will be performing a significant amount of the required landscaping work this year.



**REALTY
LANDSCAPING**

The work will include spring cleaning, weeding and edging of mulch beds, placement of new mulch, application of spring and fall lawn fertilizer and weed control, shrub pruning according to the season, tree trimming and fall leaf cleanup. Realty will also be cutting the grass. Our landscaping staff will focus on matters related to aesthetics such as flower planting, shrub replacement, decorating and other projects to enhance and maintain the beauty of our community.

Realty will begin their work on winter damage and leaf cleanup in early Spring (weather permitting). Our staff will do its best to communicate the upcoming work activities to be completed by Realty in the information boxes mounted to the US Mailboxes.

Work orders relating to grounds must be made by contacting the office.

BRC Administration and Realty Landscaping agree that any concerns or issues with work activities being performed by Realty should be reported directly to the office.

Power Washing and Window Cleaning

At the discretion of the BRC staff, we will be handwashing front porch siding and/or railings.

BRC is aware of areas where mold, mildew, and heavy dirt build-up occurs on the siding, etc. We will continue to monitor these areas and will take care of them accordingly.

- Power washing (porches, patios, and siding) and patio enclosure window cleaning are cleaning items and not maintenance items.
- Power washing will not clean everything off your siding and concrete. Stains and artillery spores (little black dots) will most likely not clean off.
- Power washing will not stop mildew from coming back later in the summer.
- If you live in a house that has a basement, we strongly suggest that you do not have your porch power washed. The high pressure water may find its way into the basement, causing damage.
- It doesn't happen often, but as a precaution, place a towel at your front door when you see that the contractor has arrived. Because of low profile entrance doors, the high power spray sometimes will cause the water to leak under the door and into your home.
- **Call Dan Kriebel directly by Friday, April 26** to be placed on the list for power washing and/or window cleaning.
- **Beginning in May**, Dan will perform power washing and window cleaning services for a fee (*see below*).
- Please prepare for cleaning by having all items removed from the porch area.
 - If you are physically unable to move your items, the contractor will move them for you. You may be charged a minimal fee if the number of items to be removed is above the norm.
- You will be invoiced directly from the Contractor.
 - Payment for services rendered should be paid directly to the Contractor at the address listed on the invoice.
Do not bring payment to the Office.
- The fees for power washing will be as follows. Carpeted porches will get wet.
 - \$90 front porch including concrete
 - \$100 back patio
 - \$95 gable end of houses
 - \$80 garage side of houses
- The fees for patio enclosure window cleaning (inside and outside) will be as follows:
 - \$100 vinyl windows within the enclosure
 - \$105 glass windows within the enclosure



ATTENTION, WALKERS!

With the arrival of warmer weather, many residents are getting out and walking while enjoying the company of fellow neighbors. Please keep the following safety tips in mind as you enjoy a stroll through the community:

- ***Look before taking a step:*** Look both ways before crossing a road, driveway, or intersection.
- ***Walk on sidewalks and avoid walking on the road.*** The community is seeing an increase in traffic with the addition of new move ins, family members and friends visiting loved ones.
- ***Visiting with neighbors:*** We love to see our residents stopping to visit with one another! Please be considerate of other drivers if you stop to speak to someone who is driving by. If you are the driver, please pull over to the side of the road and put your four-way flashers on. Better yet, pull into an un-numbered parking space to continue your conversation. Please do not block the flow of traffic.
- ***If you are walking early in the morning or late in the evening:***
 - Please keep in mind that many of our residents are early to bed while others are late to rise in the morning. Please be courteous and keep conversations low.
 - Consider wearing a safety vest so that you are visible to drivers. Others may have difficulty seeing you at these times of day.

TRAILBLAZERS

Walking

is



More

Than Steps!

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!





County Refrigerator Card

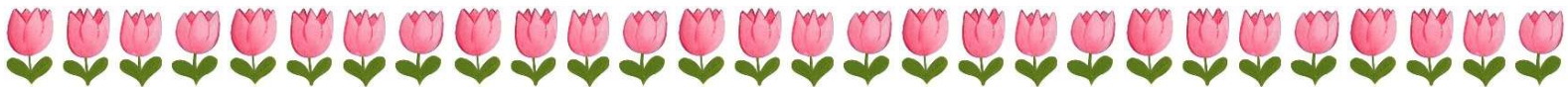
The Refrigerator Card provides emergency identification for senior citizens. It can be a life saver in the home.

The Refrigerator Card is a bright orange 5x8 card containing vital information about each person residing in the home. It resulted from a New Jersey Sheriff's Department discovery that many senior residents requiring emergency services did not have vital information readily available to rescue personnel. The solution became the Refrigerator Card.

One Refrigerator Card should be completed by each resident in the home. Personal information is included on the front of the card, including doctor information. The back of the card is a list of all current medications including dosage and frequency. The completed card should be kept on the refrigerator.

Every Police Department and Emergency Response Service in Montgomery County has been given a brief description of what the card provides, and they will ask for the card when they go into a residence on a call.

Any resident who does not have a Refrigerator Card or needs a new one may pick one up at the office or in the Salon area of the Community Center.



Sanatoga Swim Club

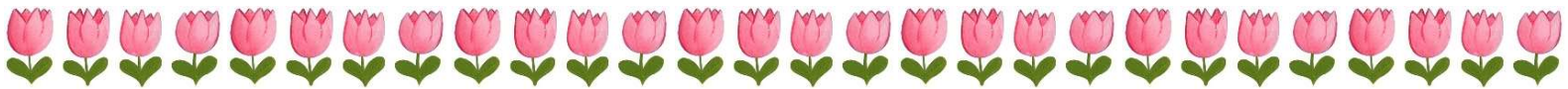
Sanatoga Swim Club (managed by Coventry Christian School) will be open again this year. SRC and BRC residents are entitled to free membership at Sanatoga Swim Club. There is no need to complete an application for membership. Simply go to the pool and sign in with your name and address any time you want to swim!



Volunteer Changes!

*There have been a few changes within our volunteers.
We have a vacancy we need to fill.*

- *Barbara H. will be taking over the “Librarian” functions for the books.*
- *Joanne B. will continue coordinating the Puzzles.*
- *We need a new volunteer to take over the exercise program. This position would need to make sure the video is up and ready for the attendees. Joanne B. will show you what needs to be done.*



Happy Birthday!



- 2 - Rozanne
- 5 - Carolyn
- 22 - Rich
- 25 - Diane
- 26 - Kay



***The
Flower of
the Month
is the
Daisy***



Daisies are associated with innocence. The gerbera daisy has large, colorful blooms, which has made it a favorite with flower lovers. Legend says that a nymph wanting to escape unwanted attention transformed herself into the daisy. The April birth flower has the flower meaning of simplicity and modesty. An alternate birth flower for April is the sweet pea.

GRATITUDE CORNER ... Quotes from Residents

*Do you have something you are especially grateful for?
Gratitude is contagious - Let us know!*

- I am so thankful for a mild winter without a lot of snow or cold.
- My neighbors keep an eye out for me – I am very blessed.

TODAY,
I AM
GRATEFUL
FOR...

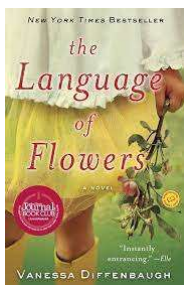
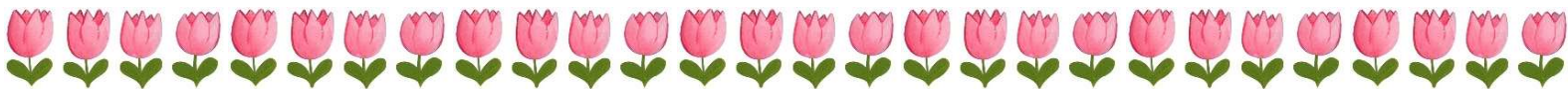


In 2015, after 40 years of serving older adults, the decision was made to change the name of the Pottstown Area Senior's Center. No longer serving just "seniors" and seeking to more accurately describe the area served by the center, the name was changed to the TriCounty Active Adult Center.

Today, the TriCounty Active Adult Center is a modern facility offering a daily hot lunch and nearly 100 social, recreational, educational, and exercise programs each week. A professional staff is always available to answer questions, assist with forms, and provide guidance.

The SRC/BRC marketing department is often approached by outside organizations asking to do a presentation. We are finding many of the topics are also discussed at TRAAC. In an attempt to avoid duplicate presentations/seminars between TRAAC and SRC/BRC, SRC/BRC's marketing efforts will be placed in more fun, light-hearted educational sessions.

Please visit TRAAC's website at <https://tricountyaac.org/> for more information on their services, events, and activities.



April 1

Book Club

Monday, April 1 at 2 PM

- April 1 "The Language of Flowers" by Vanessa Diffenbaugh
- May 6 "Dear Edward" by Ann Napolitano
- June 3 "The Noel Letters" by Richard Paul Evans

Contact Jeanette for more information.



PA Natural Symbols presented by Jared Brandt with French Creek State Park

Tuesday, April 2 at 10:30 AM

Do you know the symbols of Pennsylvania? State bird? State Fish? Whether you do or do not, come join us on a mini scavenger hunt to see if you can identify the symbols that make up the keystone state. **Open to the Public. RSVP by Friday, March 29.** Meets in the SRC Dining Room.

Brown Bag ART History: “Know Thyself” and “Born Again”

Wednesday, April 3 at 12 Noon

Led by Pottstown Art Historian Martin Bradfield. The 8th lecture is a two-part offering. The first features the great Dutch artist, Rembrandt. Although he left no written auto- biography, we feel that we know Rembrandt intimately because of the self portraits he left us. Self-portraits that are profound insights into the human character and existence. It is not surprising that Rembrandt is often considered the “Shakespeare” of painters. This first part examines some of his most famous self portraits and tells the biography and unflinching honesty that runs throughout his work.

The second part of the lecture deals with the eccentric Spanish “Mannerist” painter, El Greco.....(he was from Greece, yet lived in Spain, and called himself, “the Greek”). His “Burial of Count Orgaz” is a technically amazing and robust work with astonishing imagery and symbolism and comes with a “killer” punchline.

Bring your lunch and beverage. Open to the Public. RSVP by Tuesday, April 2. Meets in the SRC Dining Room.

Pickleball Season: Ready! Set! Go!

*Wednesdays (at 5:30 PM) & Fridays (at 9 AM) Beginning
April 3 at 5:30 PM*



Pickleball will be starting its 2024 exciting season in April (Wednesdays at 5:30 PM and Fridays at 9 AM). The courts are located behind the swimming pool at Sanatoga Swim Club. Everyone is welcome. If you never played, we would teach you. If you don't want to play, you can bring a lawn chair (we do have limited seating) and watch the games. It's not just a game, it's a pathway to better health and quality of life. Any questions or concerns, contact Ernie A.. I know I speak for the whole SRC Pickleball Group when I say, “*We will miss our friend and fellow pickleball player, Barb B.*” ~Ernie

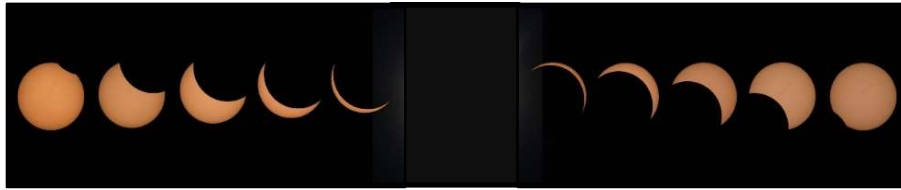
Shredding Event at BRC

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Only approved paper-based materials and small fasteners (e.g., paper clips and staples) are permitted.





Total Solar Eclipse

Monday, April 8 beginning at 2 PM

The surreal midday darkness of a total solar eclipse will pass over the United States on April 8, 2024.

In general, the eclipse will begin around 2 PM as the moon's orbit begins to travel in between the sun and Earth, appearing as a dark shadow biting into the bright sphere of the sun. Within the path of totality, the total eclipse phase will last from approximately 3 PM to 3:45 PM in Pennsylvania. There will not be another one for about two decades.

Be sure to wear protective eye gear when viewing the eclipse.



Resident Meeting

Tuesday, April 9 at 9:30 AM

The Resident meetings are typically held the 2nd Tuesday of each month in the McMenamin Rec Center.

Light Refreshments at 9:15 AM



Supermarket BINGO! with Amity Place

Wednesday, April 10 at 10:30 AM

Donna Uncapher from Amity Place will bring Supermarket BINGO to you every 2nd Wednesday of the month! We have extra bingo cards, so you can play several cards at once! Play a few games and try your luck while meeting new friends!

SEATING IS LIMITED – RSVP by Tuesday, April 9.

Meets in the SRC Dining Room.





Needlecrafters!

Wednesday, April 10 at 3 PM

If you knit, crochet, cross-stitch, embroider or quilt, why not come to our first meeting of the **Needlecrafters** on Wednesday, April 10 at 3 PM in the SRC Game Room. Learn a new craft or just socialize with fellow crafters – everyone is welcome!

Any questions call Nancy D. or Marie G.



Brown Bag History: “Tragic Month of April 1865”

Thursday, April 11 at 12 Noon

Four days after Robert E. Lee’s surrender, the nation was rocked by the assassination of President Lincoln. In the following weeks, the pursuit and capture of John Wilkes Booth and his co-conspirators dominated the headlines. Lost in the glare of those epochal events were the tragic sinking of two rivercraft – Sultana and Black Diamond – with a death toll never before seen in U.S. maritime history.

Join Local historical reenactor, lecturer and tour guide, Michael Jesberger for this lecture which will expose these mostly forgotten disasters. **Bring your lunch and beverage. Open to the Public. RSVP by Wednesday, April 10.** Meets in the SRC Dining Room.



*Lunch Bunch
Copperfield Inn at Lakeside
(594 W. Ridge Pike, Limerick)
Friday, April 12 at 12:45 PM*

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 12:30 PM. **RSVP by Wednesday, April 10.**

Peace Meditation with Singing Bowls

Sunday, April 14 at 2 PM (NOTE NEW TIME!)

Peace meditation time with singing bowls is open to Buchert Ridge residents and a friend or family member if you wish. You might want to bring a wrap or sweater and bottle of water. We will meet at the McMenamain Rec Center on Sunday, April 14 from 2 to 3 PM (NOTE NEW TIME!). **RSVP to Natalie Bliss.**

Learning About Reiki

Sunday, April 14 at 3 PM

A fun and interesting group activity where you can learn how to use the calming practice of Reiki to relax into a state of balanced energy. Practicing Reiki can help relieve stress, pain, and tension and is recognized in many hospitals and care facilities as a helpful tool for healing and rehabilitation. The group will meet once a month following the Peace Meditation for as long as there is interest.

Bluebird Program

Monday, April 15 at 1 PM



Join us for a free bluebird talk with Katie de Haan of the PA Bluebird Society of Pennsylvania! Are you interested in learning more about the beautiful bluebird and how to attract them to your backyard? This informative session will include the following topics:

- The fascinating life history of the bluebird
- Tips on how to create a bluebird-friendly habitat in your yard.
- Nest box construction and placement
- How to attract bluebirds and deter their competitors

Open to the public. RSVP by Friday, April 12. Meets in the SRC Dining Room.



Talking with Your Doctor

Monday, April 22 at 10 AM

Brought to you by Montgomery County Department of Health and Human Services. During the presentation, you'll learn how to: Get ready for a doctor's visit, have a successful conversation about your health concerns, make decisions together with your doctor, and much more! **Open to the public. RSVP by Thursday, April 18.** Meets in the SRC Dining Room.

4th Tuesday Fellowship Lunch *Tuesday, April 23 at 12 Noon*

This month's culinary adventure will be Caribbean food from Rika. If Caribbean is not your taste, bring a brown bag lunch and enjoy our fun-loving companionship in the McMenamin Rec Center. **Please turn in your selection and money to Natalie by Saturday, April 20.** We will have menus with inclusive pricing at the community meeting on Tuesday, April 9.

Entertainer – Al Grout *Friday, April 26 at 4 PM*

Al Grout is performing in the SRC Auditorium on Friday, April 26 at 4 PM. Al is a sensational entertainer performing in over 200 shows a year in Northampton, Lehigh, Berks Counties (PA), Warren County (NJ) and many more. When you are not laughing, you will be “ooh-ing” and “aah-ing” at Al’s amazing magic tricks, juggling, and balance feats. Among the most exciting shows you’ll see anywhere.



Brown Bag History: *“Disaster and Scandal: The Johnstown Flood Part I”* *Thursday, May 2 at 12 Noon*

In the mountains above the industrial city of Johnstown, PA an earthen dam was hastily rebuilt to create a lake at a private summer resort for Pittsburgh’s elite. Despite repeated warnings that the dam could break, nothing was done. On Friday, May 31, 1889, the dam burst – sending a wall of water thundering down the mountain and into Johnstown, killing more than 2,000 people. It was a national tragedy and a national scandal. Join LOCAL historical reenactor, lecturer, and tour guide, Michael Jesberger for this lecture which will shed light on one of our state’s most heard about, but least understood disaster. **Bring your lunch and beverage. Open to the Public. RSVP by Wednesday, May 1.** Meets in the SRC Dining Room.



**American
Red Cross**

American Red Cross Blood Drive
Tuesday, May 14 – 2 to 7 PM

Register online at www.RedCross.org

Light Refreshments

2nd Tuesday at 9:15 AM
(Natalie)

Hoagie/Sandwich Night

1st Wednesday at 5 PM
Hoagies are pre-ordered and delivered.
(Jeannette)

Fellowship Lunch

4th Tuesday at 12 Noon
(Natalie)

Mexican Train Dominoes

Tuesdays at 2 PM
(Donna)



Circle of Support

1st & 3rd Thursdays at 11 AM



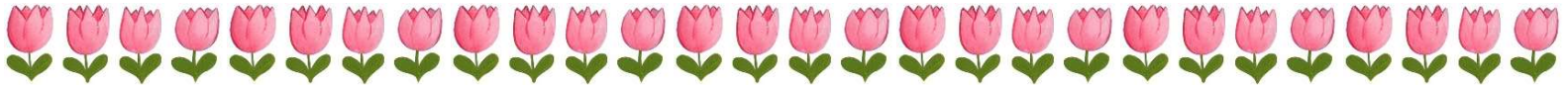
Exercising

Looking for a Leader



Men's Breakfast Club

3rd Wednesday at 8 AM
(Wayne)



Words on Wheels

Book Mobile

2nd & 4th Monday at 10 AM

BINGO!

Supermarket Bingo w/Amity Place
2nd Wednesday – 10:30 AM
SRC Dining Room



Vietnam Veterans

1st Tuesday at 7 PM
SRC Dining Room

American Legion

4th Thursday at 7 PM
SRC Dining Room



Yoga – SRC Auditorium

Tuesdays – Chair Yoga – 3:30 PM
Wednesdays – Floor Yoga - 9:30 AM

Book Club

1st Monday at 2 PM
SRC Dining Room

Bible Study

2nd Monday at 2 PM
SRC Dining Room



Pinochle

Thursdays at 2 PM – SRC Dining Room

Pickleball

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

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 – April 18 – Reading Area Firefighters’ Museum

Reading Area Firefighter’s Museum preserves, educates and exhibits firefighting equipment and history of the city of Reading and Berks County. View apparatus, artifacts, and artwork dating back to the 1770s.

Lunch at your own expense at GNA Restaurant.

RSVP to the Office by Monday, April 15

LEAVE BEREAN PARKING LOT: 9:30 AM

Cost: \$17.00



New Hanover AARP Trips

Checks Payable to:
“New Hanover AARP”

Details posted on the Library Bulletin Board.
RSVP to Carol



Thursday – June 13 – Doolans Shore Club in Spring Lake, NJ

“Country Hall of Famers”

Imagine Johny Cash, Dolly Parton, and Jon Denver together. Enjoy this real country tribute plus a comedian and dancing ...

RSVP to Carol by Friday, April 12

LEAVE BEREAN BIBLE CHURCH: 9:00 AM

Cost: \$135.00

Details posted on the Library Bulletin Board

Tuesday, July 16 – The River Queen

Wednesday, August 14 – Bucks County Playhouse “Grease”

Tuesday, September 17 – Dutch Apple Dinner Theatre “The Jersey Boys”