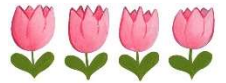
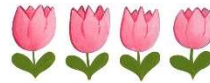
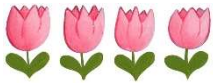


APRIL
2023



Offices Closed for Easter

The Offices will be closed on Friday, April 7.



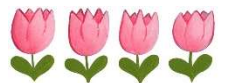
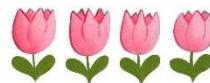
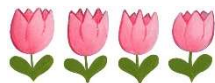
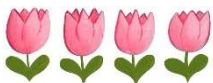
Shredding Event at BRC

Saturday, April 22 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



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.



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.

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 12 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.

Bulletin Boards with Information

Please remember to take a look at the bulletin boards that are in the McMenamin 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.

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 Bin

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

Handyman Services

Scott is doing “handyman” small jobs (e.g., hanging blinds, mirrors, shelves) that are not considered a maintenance item. Contact the Office for more information.

Resident Information Updates

If you have not submitted a 2023 Resident Information Update form to the office, please take the time to fill one out and drop it off. Extra forms are available at the office.

It is very important that we have up-to-date information for all residents. If we do not have current information, we have no way of contacting someone in the event of an emergency.

Additionally, if you have not provided us with a current copy of your Power of Attorney, please bring a copy to the office. If you do not have an extra copy, we will make a copy for you.

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 both ways before crossing a road, driveway, or intersection.
- Walk on sidewalks and avoid walking on the road.
- 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.

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!

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 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 leak in.
- *Call the Office by Friday, April 28* to be placed on the list for power washing and/or window cleaning.
- *Beginning in May*, power washing and window cleaning services will be performed for a fee by our subcontractor (Dan).
- Please be ready when they come 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 submit payment to the BRC office.
- The fees for power washing will be as follows. Carpeted porches will get wet.
 - \$85 front porch including concrete
 - \$95 back patio
 - \$90 gable end of houses
 - \$75 garage side of houses
- The fees for patio enclosure window cleaning (inside and outside) will be as follows:
 - \$95 vinyl windows within the enclosure
 - \$100 glass windows within the enclosure



County Refrigerator Card

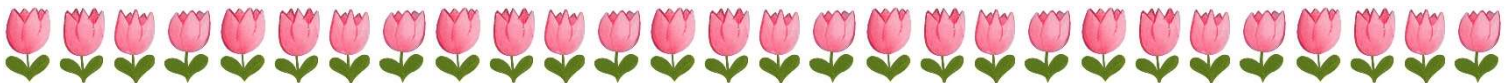
The Refrigerator Card provides emergency identification for senior citizens. It can be a life saver in the home.

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!

Some renovations are happening at Sanatoga Swim Club. There has been some work in the ladies' changing room, replacing some worn out sinks and other minor upgrades. The old dilapidated tennis courts have been removed and the field should be smoothed out and seed laid within the next week or so. We also took down several dead trees on the property.

Happy Birthday!

- 2 - Rozanne
- 5 - Carolyn
- 22 - Rich
- 26 - Samuel
Kay



*The Flower of the
Month is the Daisy*



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

Stosh

Resident since August 2013

Keeping Busy

SAVE THE DATE!

Friday evening, May 19, comedian Jamie Kennedy will be performing at SoulJoe's at Sunnybrook. Ticket and carpool details will be forthcoming for those of us who are interested in going as a group.

Pickleball Season: Ready! Set! Go!

Wednesdays & Fridays

Pickleball will be starting its 2nd 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. If you don't play, just come and watch. Any questions or concerns, contact Ernie.



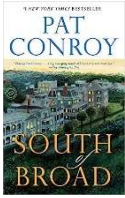
Water Aerobics at Sanatoga Swim Club

Watch the May Ridge Reporter
for more information.



Canasta

Interested in playing Canasta? Call Adrienne. If you are interested but do not know how to play, we can teach you! We could enjoy and afternoon playing cards once a week.



April 3

Book Club

1st Monday at 2 PM

- April 3 “South of Broad” by Pat Conroy
- May 1 “The Woman They Could Not Silence” by Kate Moore

Contact Jeanette for more information.

“What’s It Worth?” Antiques Roadshow

Thursday, April 6 at 6 PM

Much like the popular TV show, Antiques Roadshow, Mike Ivankovich, host of WBCB 1490s “What’s It Worth? Ask Mike the Appraiser” will evaluate and educate us about unusual treasures. Attend the presentation and enjoy his evaluations and appraisals, or bring an item to be appraised. Feel free to attend this interesting evening even if you don’t have an item to be appraised.

A total of 30 appraisal slots are reserved for SRC and BRC residents; if you plan to have an item appraised, be sure to RSVP. Residents bringing an item to be appraised will be directed to stop at the Office to fill out an information sheet about the item. This event is open the public and expected to be well-attended. **RSVP by Wednesday, April 5.** (Attend to hear about interesting items! Lots of audience spots left! You do not need to bring an item! Several Appraisal spots left!)

Breakfast Bar

Tuesday, April 11 at 9:15 AM



Tuesday, April 11 at 9:15 AM, enjoy breakfast with your neighbors in the McMenammin Rec Center. Breakfast bar is typically held the 2nd and 4th Tuesday of each month at 9:15 AM. Light fare will include bagels, muffins, EGGO waffles, juice, coffee and fruit.

The cost for Breakfast Bar is \$3

Please RSVP to Rozanne by the Friday before each scheduled Tuesday.

Resident Meeting with Staff

Tuesday, April 11 at 9:30 AM

The Resident meetings are typically held the 2nd Tuesday of each month at 9:30 AM in the McMenammin Rec Center.

Caring For the Caregiver

Wednesday, April 12 at 6 PM

Do you or someone you know care for an aging spouse or family member? Learn ways to keep yourself less stressed, more calm, and to practice self-care, so that you can continue to care for others. Learn about new resources which are available to help you. Presented by Beth Biehl of Aging Resources Alliance. Open to the public. **RSVP by Tuesday, April 11.**



Lunch Bunch

Main Street Pub in Bally, PA

Friday, April 14 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.

Seating is Limited to 25 - RSVP by Tuesday, April 11.

American Red Cross Blood Drive

Monday, April 17 at 2 PM – 7 PM

Join us for a good cause! Donors of all blood types are needed! Register online at www.RedCrossBlood.org, or call the office and leave a voicemail for Lara and she will register you online. Confirmation of your blood donor appointment time will be put in your mail slot. Thank you to all who have given in the past. Open to the public.



American Red Cross

Blood Services



Field Trip to TRAAC
Tuesday, April 18 at 10:30 AM

Are you aware Pottstown has an amazing senior center only a few miles away? Join us on a field trip to visit TRAAC! We will tour the facility, observe some exercise classes, and visit the dining room where delicious lunches are available daily for \$2. Find out about all that TRAAC has to offer.

Bring a little cash, as the Muffin Lady will have fresh muffins for \$1 and the Soup Lady will have quarts of soup to purchase for \$5. **RSVP by Monday, April 17.**

Downsizing Your Home

Thursday, April 20 at 6 PM

Do you have friends looking to move soon? Let them know about this presentation by Jules Bechthold of Weichert Realtors (new office across the street from SRC). Learn what to keep, what to sell, what to donate, and what to discard. Open to the public. **RSVP by Wednesday, April 19.**

Stretch Into Spring ***Friday, April 21 at 11 AM***

Join us for a free stretching clinic hosted by Jenna Senholzi of the new Pottstown location of Phoenix Physical Therapy! Research shows stretching has many benefits, such as improving your ability to do daily activities, enabling your muscles to work most effectively, increasing blood muscle flow, improving posture, decreasing your risk of injuries and falls, and alleviating tension throughout the body. Wear comfortable clothes and get ready to stretch! Open to the public. **RSVP by Thursday, April 20.**

Peace Meditation with Reiki, Singing Bowls & Peace Art ***Sunday, April 23 at 3 PM***

Peace meditation time with Reiki, singing bowls, and peace art is open to Buchert Ridge residents and a friend or family member if you wish. We will meet at the McMenemy Rec Center Sunday, April 23, from 3 to 4 PM. Bring your own crayons or coloring tools, or use one of ours.

Elder Law Presentation: ***Your Will, Power of Attorney, & Health Care Proxy*** ***Tuesday, April 25 at 6 PM***

Do you know the difference between these three documents, when they are needed, and who should have them? Rebecca Hobbs, Esquire, of O'Donnell, Weiss & Mattei, P.C., answers these important questions, as well as any of your own. Rebecca has presented for us before many times and explains these documents in clear and easy to understand terms. Open to the public. **RSVP by Monday, April 24.**

Spring-Ford Music ***Friday, April 28 at 11 AM***

Miss Ashley Balsch is the 7th and 8th grade orchestra director for Spring-Ford Music. She will be bringing her students from the Honors Choir and the Chamber Strings to entertain us that morning in the Auditorium.

BINGO! ***Friday, April 28 at 1 PM***



Join us for everyone's favorite game! Grab a few friends and come play! Hosted by Susan Knoble & Keith Hildebrand of Home Instead, which provides a variety of in-home personal care services. Services include personal care (help with bathing, dressing, mobility), companionship, meal prep, light housekeeping, transportation to appointments, and hospice support. Help is also available for those with a chronic condition, such as Alzheimer's, Parkinson's, diabetes, cancer, depression, and heart disease. Seating is limited to 40 participants. **RSVP by Thursday, April 27.**

WISE (Wellness Initiative for Senior Education)

Monday, May 1 at 1 to 3 PM (6 Mondays)

Brought to you by our favorite instructors of Montgomery County Office of Senior Services, the WISE Program is a wellness and prevention program targeting older adults, designed to help them celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. It provides valuable educational services on topics including medication misuse and management, stress management, depression, and substance abuse. Created by NJPN and implemented locally by prevention agencies across the country, WISE promotes health through education concerning high-risk behaviors in older adults. Participants are educated through interactive exercises that include small group discussion and projects, and given tools and resources to take home. Class meets Mondays, May 1 - June 12 from 1-3 PM. No class on Memorial Day (Monday, May 29). **RSVP by Friday, April 28.** Class limited to 18.

The Brain Series Part 2: Understanding the Different Stages of Alzheimer's & Dementia

NEW DATE - Friday, May 5 at 1 PM

Even if you missed Part 1: An Overview of Dementia, join us for this fascinating presentation by Jessica Speroff of Senior Helpers. Using the Senior Gems Quick Reference Guide developed by Teepa Snow and Senior Helpers, Jessica discusses the 6 different stages of Alzheimer's and dementia and the defining characteristics of each stage. Understanding these characteristics will set the stage for Jessica's next presentation on Friday, June 2, Supporting Someone with Dementia: Techniques and Strategies. Open to the public. **RSVP by Thursday, May 4.**

Exercise Class: Tai Chi for Arthritis

Tuesday, May 9 at 1 PM

Back by popular demand from the Montgomery County Office of Senior Services, this class was a big favorite in 2022! Class runs 8 Tuesdays for 1 hour (May 9 - June 27). We have 7 people who did not fit into last summer's class on the waiting list, which leaves 11 open spots for this class! **RSVP by Monday, April 24.** *Tai Chi will also be offered again in the fall.*

UPCOMING PUBLIC EVENTS

Watch Ridge Reporters for More Information

| | |
|--------------|---|
| May 4, 18 | Circle of Support @ BRC McMenamin Rec Center |
| May 9 | Pottstown Farmers Market Information Session |
| May 16 | Outsmart the Scammers |
| May 20 | Women, Widows, and Widowers Financial Workshop |
| June 1 & 15 | Circle of Support at BRC McMenamin Rec Center |
| June 2 | Supporting Someone with Dementia |
| June 8 | Brown Bag History: The Revolutionary War/The Conflict Ignites: Lexington & Concord |
| June 15 | Girls' Night Out |
| June 19 & 20 | AARP Smart Driver Class |
| June 23 | BINGO |



Exercising

Monday, Wednesday, Friday at 9 AM
(JoAnne)

Mexican Train Dominoes

Tuesdays at 2 PM
(Donna)



Hoagie/Sandwich Night

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

Breakfast Bar

2nd & 4th Tuesday at 9:15 AM
(Rozanne)



Men's Breakfast Club

4th Wednesday at 8 AM
(Wayne)

Circle of Support

1st & 3rd Thursdays at 11 AM



Words on Wheels

Book Mobile
2nd Monday at 10 AM

Book Club

1st Monday at 2 PM
SRC Dining Room

Bible Study

2nd Monday at 2 PM
SRC Dining Room

Yoga – SRC Auditorium

Tuesday – Chair Yoga - 3:30 PM
Wednesday – Floor Yoga - 9:30 AM

Pickleball

Wednesdays - 5:30 PM
Fridays – 9 AM
Sanatoga Swim Club



SRC Singers

Thursdays at 3:30 PM
SRC Auditorium

Hooks and Needles

1st Tuesday at 2 PM
SRC Game Room



Vietnam Veterans

1st Tuesday at 7 PM
SRC Dining Room

American Legion

4th Thursday at 7 PM
SRC Dining Room



Pinochle

Thursdays at 2 PM – SRC Dining Room

- 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)**

LEGEND FOR AMOUNT OF WALKING

1 Little Walking

1111 Plenty of Walking



Monday – April 17 – September Farm, Smucker’s Gourd Farm

Learn to make cheese at September Farm. Shop for a gourd at Smucker’s Gourd Farm. Lunch at your own expense at Wimpy & Dee’s Classic Diner.

RSVP to the Office by Thursday, April 13.

LEAVE BEREAN PARKING LOT: 10 AM

Cost: \$8.00



New Hanover AARP Trips

Checks Payable to:
“New Hanover AARP”

Details posted on the Library Bulletin Board.
RSVP to Carol

11 Thursday, April 20 – Sight & Sound Theatre “Moses”

Set adrift as a baby and now wandering the wilderness, Moses is ...

RSVP to Carol

11 Tuesday – May 30 – Totem Pole Playhouse “Honky Tonk Angels”

Start the day off nicely with an included family style lunch at ...

RSVP to Carol by Friday, March 31

LEAVE BEREAN BIBLE CHURCH: 8:30 AM

Cost: \$129.00

11 Thursday – June 22 – Bube’s Brewery “Murder Mystery Show”

This is the type of Victorian home that you would expect a murder mystery to take place ...

RSVP to Carol by Monday, May 1

LEAVE BEREAN BIBLE CHURCH: 11:15 AM

Cost: \$127.00

Save the date:

Thursday, July 20 – River Queen - “Sightseeing Cruise”