

# RIDGE REPORTER



Thank you from the staff for your generosity and encouragement to us during the holidays! We wish you all the very best in the New Year!

## ***Holiday Closing & Trash Schedule***

Offices will be closed on

New Years Day

Wednesday, January 1



Trash and Recycle will be picked up according to the regular schedule.

## **NEW STAFF:**

Meet James on our Grounds Team! Jim joined the Team in November. If you see him around, say hello!



## ***Annual Financial Meeting***

The annual Financial Meeting will be held in the  
McMenemin Rec Center on  
**Tuesday, January 28 at 1 PM.**

*An inclement weather date is planned for Friday, January 31 at 1 PM.*

**~ ALL RESIDENTS ARE ENCOURAGED TO ATTEND ~**

## *Don't Feed the Animals*



SRC residents have been experiencing an increase in mice activity this year. Residents are reminded to **not leave any food outside** for stray animals. Food attracts animals of all kinds, many of which can cause damage to homes. Residents who use bird feeders should **not** place them near the house/apartment. Bird feeders too close to homes also attract unwanted dinner guests such as mice and squirrels.

## *Hoses*

Hoses in the front and back of your homes must be disconnected for the winter months. If you have not yet removed your hose and need help, please call the office and someone will be out to remove it for you.



## *How to Afford Prescription Drugs*

The cost of necessary medications can be a formidable problem for many people. Check the bulletin board in the Rec Center for information about finding the best prices.

## *Attic Service*

- December/January are our busiest times of the year for receiving attic service requests.
- Attic service is a complimentary service we provide to our residents to assist them so that they do not have to climb the attic steps. It is intended to be used for seasonal or infrequently used items. It is not part of the move in process.
- Attic service is provided **once weekly on Mondays following trash collection**.
- Although we cannot guarantee an exact time when attics will be done, our Grounds team strives to complete them after trash collection on the assigned day.
- Residents are expected to be home at the anticipated time of service. If a resident is unable to be home at the expected time of service, please call the Office.



7 Linda B  
18 John L  
20 Donna L  
21 Phyllis C  
26 Kerry W  
26 Sandy L  
27 William M

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Hello  
*January*





## Ladies Bible Study

January 15<sup>th</sup> at 3PM

***DO WE NEED THE OLD TESTAMENT?***

***Finding Christ and the Gospel in Ancient Texts.***

Beginning January, 2025, Bev T will lead a ladies Bible study in the Dining Room in the Community Center on the first and third Wednesdays at 3PM. Bev has a BS in Bible and an MA in Education. All ladies are invited to attend.



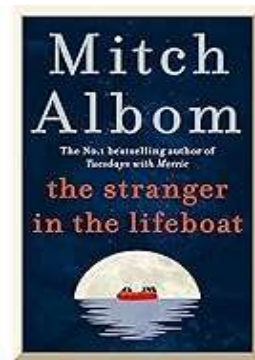
## Jan. 4 – Brown Bag History

**Saturday, Jan. 4 at 12 Noon**

The History of Military  
Recruiting Posters

Join historical lecturer, reenactor, and tour guide Mike Jesberger for a discussion on military recruiting posters. This program will explore the patriotism and propaganda behind the recruiting posters used during the American Revolutionary War, the American Civil War, World War I, and World War II.

**Open to the Public. RSVP by  
Fri., Jan. 3.**



***Book Club***  
***Monday, January 6***  
***at 2 PM***

The Maid, by Nita Prose

*Contact Jeanette G for more  
information.*



## ***Lunch Bunch***

**Exeter Family Restaurant**  
**4800 Perkiomen Ave, Reading**  
**Friday, January 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 11:15 AM  
**RSVP by Tuesday, January 7**



**American  
Red Cross**

## **Jan. 8 - Blood Drive**

Wednesday, Jan. 8, 2 PM-7 PM

SRC Auditorium

Register online or reach out to Cheryl H.

## **Chronic Pain Self Management (MEETS VIRTUALLY)**

**January 14 at 1:30PM**

Brought to you by Montgomery County Department of Health and Human Services, this program is a FREE Evidence-based Program meeting for 6 weeks, 1-day/week for 2 to 2.5 hour sessions. People with chronic pain are encouraged to attend. Through mutual support and success, participants build confidence in their ability to manage their pain and maintain active and fulfilling lives. Class starts Tuesday, January 14<sup>th</sup> at 1:30 PM and **meets virtually** every Tuesday through February 18<sup>th</sup>.

### **To Register:**

**Contact the Montgomery County  
Office of Aging Services at  
610-278-3601**

## **What Does the Montgomery County Office of Aging Services Do? January 17 at 1PM**

### **The resident-requested presentation will discuss:**

- What services are available
- How to access services
- Who qualifies for services
- How to report Elder Abuse
- What Programs are offered in the Community

SRC Dining Room  
**RSVP: Wednesday, January  
15<sup>th</sup>**



Montgomery County  
Department of  
Health and Human Services

## **Soup Night – January 31 at 4:30PM**

Warm yourself with hot soup and warm company and escape the winter blues! Please contact Carrol if you can make soup to share. We will also need people to bring bread, rolls and desert. Please bring a soup bowl or small bowls for a flight of soup tasting.



## ***Nolde Forest: Outstanding Owls***

**Wednesday, Jan. 22, at 10 AM or 1 PM**

**(Snow Date Jan. 29)**

Nolde Forest is back and presenting another hands-on science lesson. Have you ever wondered *whooooo* your elusive nocturnal neighbors are? Join us for an engaging presentation all about these incredible creatures of the night. Learn about their unique adaptations, mysterious habits, and important roles in the ecosystem. Whether you're a nature enthusiast or just curious about these majestic birds, this event is perfect for all ages. This program will be held in the SRC dining room.

*Please indicate the time slot you are signing up for.*

**Open to the Public. RSVP by Fri., Jan. 17**

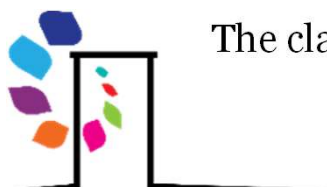


## ***Arthritis Foundation Exercise Program***

**Thursday, February 20<sup>th</sup> at 10:30 AM**

The Arthritis Foundation Exercise Program (AFEP) is a low-impact recreational exercise program that incorporates an educational component. Classes consist of multiple exercise activities including warm up, stretching, strengthening, cardiovascular endurance, balance, coordination and cool down. Breathing and relaxation techniques are also included.

The class meets for one hour once a week for 11 weeks at SRC.



Montgomery County  
Department of  
Health and Human Services

### **To improve:**

- Functional ability
- Self-confidence
- Self-care
- Mobility
- Muscle strength
- Coordination

### **To reduce:**

- Fatigue
- Pain
- Stiffness

## *Circle of Support*

1<sup>st</sup> Thursday at 11 AM

## *Bananagrams*

Fridays at 2 PM  
(Natalie B)

## *Exercising*

Monday, Wednesday, Friday at 9 AM  
(Kerry W)

## *Mexican Train Dominoes*

Thursdays at 2 PM  
(Donna L)

## *Light Refreshments*

2<sup>nd</sup> Tuesday at 9:15 AM  
(Natalie B)

## *Men's Breakfast Club*

3<sup>rd</sup> Wednesday at 8 AM  
(Wayne B)

## *Fellowship Lunch*

4<sup>th</sup> Tuesday at 12 Noon  
(Natalie B)

**Cancelled for January**

## *Reiki & Peace Meditation*

4<sup>th</sup> Sunday at 2 PM  
(Natalie B)

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## *Words on Wheels*

### *Book Mobile*

2<sup>nd</sup> & 4<sup>th</sup> Monday at 10 AM

## *BINGO!*

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

## *Pinochle*

Thursdays at 2 PM  
SRC Dining Room

## *Mahjongg*

Tuesdays at 1 PM  
SRC Dining Room

## *Vietnam Veterans*

1<sup>st</sup> Tuesday at 7 PM  
SRC Dining Room

## *American Legion*

4<sup>th</sup> Thursday at 7 PM  
SRC Dining Room

## *Yoga – SRC Auditorium*

Tuesdays – Chair Yoga – 3:30 PM  
Wednesdays – Floor Yoga - 9:30 AM  
1<sup>st</sup> & 3<sup>rd</sup> Fridays – Joy of Yoga – 10:30 AM

## *Bible Study*

2<sup>nd</sup> Monday at 2 PM  
SRC Dining Room

## *Book Club*

1<sup>st</sup> Monday at 2 PM  
SRC Dining Room

## *Needlecrafters*

2<sup>nd</sup> & 4<sup>th</sup> Wednesday at 3 PM  
SRC Dining Room

## *Pickleball*

**Cancelled for Fall/Winter  
Will resume in Spring**

## 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)**

### Tuesday, January 7 – Valley Forge Casinos

1 Join us for a fun trip and try your luck at the casino!



**RSVP By Monday, January 6**

LEAVE BEREAN PARKING LOT: 10:00 AM

Cost: \$4.00

### Wednesday, January 22 – Mid Atlantic Air Museum

11 Join us for a guided tour of The Mid Atlantic Air Museum. Established in 1980, by father and son Gene and Russ Strine, both accomplished aviators in their own right, around the acquisition of a rare Northrop P-61 Black Widow night fighter. The rare P-61 had crashed high atop Mt. Cyclops on the island of New Guinea in January of 1945. The Strines had always dreamed of establishing a museum but not with such lofty goals as retrieving a WWII fighter off the top of a 7000-foot mountain in the middle of the Pacific. Some 40 years later, the Mid Atlantic Air Museum flourished with a collection of 125 aircraft, memorabilia displays, archives, as well as a membership base of more than a thousand people, including that Northrop P-61 nightfighter that the Strines successfully recovered.

*Lunch at your own expense: Klinger's at the Airport*

**RSVP By Monday, January 13**

LEAVE BEREAN PARKING LOT: 10:00 AM

Cost: \$14.00

***Did You  
Know??***

The month of January is named after Janus, the Roman god that has two heads, one to look backward and one to look forward towards the New Year.

