

MARCH 2020



***Balance and Fall Prevention Seminar at SRC
Thursday, March 19 at 10 AM***

If you went out to brunch with your two closest friends, could you decide which one of you would fall within the next year?

One in 3 people over the age of 65 falls each year. Many of our mature adults are working out longer, harder and better than ever, but then why are they still falling? Find out why falls occur and how they can be prevented by attending an interactive Balance and Fall Prevention Seminar at Sanatoga Ridge Community hosted by Beth DiNenna, MPT. Come learn about why people fall, how to prevent falls, and what is postural awareness, balance, and exercises that can help to prevent falling. RSVP to the office by Friday, March 13.

This is open to the public.

*Watch For Upcoming Pottstown Hospital Presents:
Dinner with Doc (May)*



Final Resident Dues Reminder

FINAL CALL! If you have not paid your \$3.00 Resident Dues for 2020, please place your money in an envelope with your name and house number on it and place it in the black box at the end of the hallway in the Garden & Rec Center.

Stop Signs = STOP

We have had several residents raise concerns of drivers not stopping at stop signs. Quite often it appears that our visitors are the violators. But with the nicer weather coming, it is a great time to remind not only our guests but ourselves to be alert and considerate drivers.



Keep Office Files Updated

It is important to keep your information on file in the office up-to-date. This information includes your power of attorney, emergency contact information, car's make/model and license plate number. We understand when this information changes, residents often overlook notifying the Office.

What Insurance Should I Have?

Please make sure that the insurance you obtain as a resident is for contents only. We have come across 2 residents who have been paying insurance as if they owned the home. This unfortunately cost them thousands in unnecessary insurance costs. We understand typical contents insurance costs \$100 to \$150 yearly. If you are paying much more than this, consider calling your insurance agent to make sure they understand what insurance you require. The agent can call the office if more information is needed.

The Census is Coming

The U.S. Constitution mandates that a census be performed every 10 years. The first census was performed in 1790. The census not only determines the number of seats each state has in the House of Representatives but is used to determine such things as the allocation of certain funding and services.

According to the website pa.gov/census, every household will have received their invitation to participate in the census. This year responses can be made by mail, phone or on-line. The staff is trying to coordinate a presentation from a Census representative to provide further information.

Landscaping Changes

Penn Outdoor Services will be performing a significant amount of the required landscaping work this year.



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. Penn will also continue in the cutting of grass. We believe outsourcing this work to Penn is more cost effective, will be completed in a timelier manner and will provide professional consistency in the care of our landscaping. The landscaping staff that remains will focus on matters related to aesthetics such as flower planting, decorating and other projects to enhance the beauty of our community as well as maintaining other exterior amenities on our grounds.

Penn will begin their initial work starting in March. Mulching is expected to commence in early April. The staff will do its best to communicate the upcoming work activities to be completed by Penn. Work orders can still be made by contacting the office. Please also direct any concerns or issues with any work activities being performed by Penn, to the office. This will be a learning experience and the feedback is important. The staff appreciates the residents' patience during this transition and are excited about the opportunities this will ideally provide to focus on site appearance issues.

Exercise Equipment

The staff is looking for feedback on the exercise equipment. Are there pieces of equipment that never seem to be used or are in poor condition? Is there other equipment that should be considered that might be better suited for our residents? Are there other improvements that could be completed in the exercise room to encourage more use or make the time more enjoyable? Please contact the office with any feedback even if it is to state your satisfaction with the equipment and the room. We occasionally are offered exercise equipment that might be better than what we currently have. The information will also be helpful for future planning.



Save the Date!

SRC will be hosting a shred event on Saturday, May 9. Watch the Ridge Reporter for more information and complete details on what is accepted to be shredded.

Happy Birthday!

- 3 - Greg
- 21 - Ben
- 23 - Margaret



Happy Anniversary!

- 1 - Greg and Phyllis



Daylight Savings Time

Daylight Savings Time begins **Sunday, March 8**. Be sure to set your clocks **AHEAD one hour**. If you would like assistance changing your timers, please call the office and they will schedule a time for our maintenance staff to visit.




KATIE MUTH
44
PENNSYLVANIA STATE SENATOR

MOBILE OFFICE HOURS

4th Friday of Every Month
SANATOGA RIDGE COMMUNITY
10 a.m. - 12 p.m.

State Representative Joe Ciresi – Satellite Office

Representative Ciresi will be in the SRC Game Room the 3rd Tuesday of every month from 10 AM to 12 Noon.



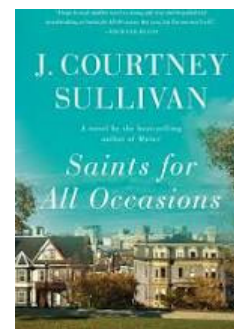
Words on Wheels Bookmobile

The Bookmobile is here the 2nd & 4th Monday at 10 AM in the SRC parking lot.



Book Club

The Book Club meets the 1st Monday of each month at 2 PM in the SRC Dining Room. Winter Garden by Kristen Hannah will be discussed at the March 2 meeting. March's book will be Saints for All Occasions by J. Courtney Sullivan.

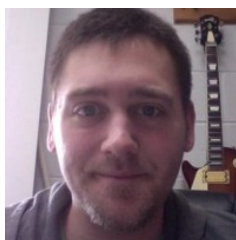


Resident Committee Meeting

The Resident Committee Meeting is Tuesday, March 3 at 10 AM in the Garden & Rec Center. If their schedules permit, Chief Foltz and Township Manager, Ed Wagner, will stop by the Breakfast Bar at 9 AM to give us updates or answer your questions. RSVP for the breakfast bar is required.

Lunch Bunch

This month's lunch bunch trip will be going to the Metro Diner in Pottstown on Friday, March 13. The bus and carpool will be leaving SRC at 11 AM. Please RSVP to the Office by Wednesday, March 11.



Nick Garland – Wednesday, March 25 at 4 PM

Nick Garland is Music Pastor at Berean Bible Church. He will entertain us with an 'Elvis Gospel' show in the SRC Auditorium.

Pre-ordered Pizza will follow at 5 PM. Order at the office by Tuesday, March 24. The cost is \$2.00 per slice plain or pepperoni.

Mexican Train Dominoes

Meets Tuesdays at 2 PM. (Donna)

BINGO!

On Winter Hiatus. Watch for when it will resume. (Irene)

Men's Breakfast Club

Meets the 4th Wednesday at 8 AM. (Jim)

Hoagie/Sandwich Night

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

Breakfast Bar

Breakfast every Tuesday morning at the Garden & Rec Center at 9:30 AM. Cost is \$3.00. Please RSVP by the Friday before.

Exercising

Monday, Wednesday, Friday at 9 AM in the Garden & Rec Center. (Joanne)

Word Games

Played the 3rd Friday at 2 PM. (Kerry)

Wii Bowling

Sessions held twice a year in the Garden & Rec Center.



Card Club

Mah Jongg Mondays at 1 PM - SRC Club Room.
Pinochle Thursdays at 2 PM - SRC Dining Room.

Hooks & Needles

1st and 3rd Thursdays at 1 PM - SRC Club Room.

Yoga

Fridays at 9:30 AM - SRC Auditorium.

Vietnam Veterans

2nd Tuesday at 7 PM - SRC Dining Room.

American Legion

4th Thursday at 7 PM - SRC Club Room.

WOW Bookmobile

SRC Community Center Parking Lot 2nd & 4th Monday at 10 AM.

Senator Muth

4th Friday at 10 AM - SRC Dining Room.

Sewing Club

1st and 3rd Fridays at 9:30 AM - SRC Sewing Room.

Book Club

1st Monday at 2 PM - SRC Dining Room.

Lunch Bunch

2nd Friday at various restaurants in the area.

Computer & Social Media Discussion Group

2nd Wednesday at 7 PM - SRC Club Room.

Liberty Bell Glass

On Winter Hiatus. Meetings will resume in April.

SRC Singers

Practice Thursdays at 4 PM - SRC Auditorium.

Representative Ciresi

3rd Tuesday at 10 AM - SRC Game Room.

Let's Celebrate "Pi" Day!

π Pi Day is an annual celebration of the mathematical constant π . Pi Day is observed on March 14 since 3, 1, and 4 are the first three significant digits of π . In 2009, the United States House of Representatives supported the designation of Pi Day.

SATURDAY, MARCH 14

3 to 4 PM

in the Garden & Rec Center

***Celebrate "Pi" day with
Apple Pie and Ice Cream***

π



π

No RSVP Required.

***Contact Jeannette or Joanne for
more information.***



**JOIN US FOR SOUP
AND DESERT
SATURDAY, APRIL 18TH
5PM**

**Bring your favorite soup bowl and a
picture of the house you lived in
before moving to BRC**

Bus Trip Waiting List

Even though the trip may be full, it's a good idea to get on the waiting list. You never know when a cancellation happens and a seat could open up.

Tuesday – March 10 – Taylor Backes & Lunch at Grind Restaurant

Watch glass blowing demonstrations, order custom made lighting, architectural elements, recognition, and commemorative pieces, or select one of a kind glass and jewelry from their vast inventory in a relaxed setting.

Taylor Backes is a unique glass studio dedicated to the creation and production of fine, functional, architectural and sculptural designed. Their work is in the permanent collections of The Philadelphia Museum of Art, The American Craft Museum, The Corning Museum of Glass and the Smithsonian Institute.

Enjoy lunch at your own expense at Grind Restaurant.

RSVP to the office Friday March 6

LEAVE SRC: 10:30 AM

Cost: \$13.00

Thursday – April 16 – Mummer's Museum & Lunch at Bob Evans

The Mummies Museum opened in 1976 as part of Philadelphia's celebration of America's Bicentennial. The Museum is dedicated to celebrating the tradition of Mummery in Philadelphia. Inside are costumes, oral histories, video and audio archives and even an exhibit to teach anyone how to "strut." The Museum is home to annual summer concerts and offers a gift shop to both in person and online visitors.

Enjoy lunch at your own expense at Bob Evans.

RSVP to the office Friday April 10

LEAVE SRC: 9:30 AM

Cost: \$10.00

Wednesday – April 22 – Sight & Sound Theatre "Queen Esther"

(This is a trip with AARP)

Experience one of the most riveting Bible stories of the Old Testament as it comes to life with magnificent sets, special effects and live animals in this brand-new, original stage production!

Set in the opulent yet perilous Persian Empire, QUEEN ESTHER is a captivating tale of beauty and bravery. Esther's ordinary life changed forever when she was taken through the palace doors, entering a new world of royalty and risk.

Enjoy an included buffet meal after the show at The Eden Resort.

RSVP to Carol Griffith (484-624-8314) by Tuesday, March 2

LEAVE BEREAN BIBLE CHURCH: 9:00 AM

Cost: \$110.00 - Checks Payable to New Hanover Area AARP

?? Tuesday – May 5 – Consignment Shops of Lebanon & Lunch at Country Fare

Spend the day shopping at various consignment shops in Lebanon, PA.
Enjoy lunch at your own expense at Country Fare Restaurant.

RSVP to the office Friday, May 1

LEAVE SRC: 9:00 AM

Cost: \$6.00

?? Wednesday – May 13 – Chesapeake City, MD

(This is a trip with AARP)

Welcome to Historic Chesapeake City where you will have a wonderful day learning about this quaint Victorian Village.

- Self guided tour of C & D Canal Museum
- Buffet lunch at Schaefer's Canal House – Waterfront Dining
- Summer Breeze boat cruise with outstanding views from every seat!

RSVP to Carol Griffith (484-624-8314) by Wednesday, April 1

LEAVE BEREAN BIBLE CHURCH: 8:30 AM

Cost: \$100.00 - Checks Payable to New Hanover Area AARP

What Did I Miss?



Helicopter Museum

<https://uncoveringpa.com/>

Visiting the Amazing Ringing Rocks Park near Pottstown, PA

While there are many boulder fields scattered throughout Pennsylvania, there are very few that possess a very specific property: they ring when they are hit with a hammer. In fact, these fields are quite rare with only a handful known in the entire world. However, in Montgomery County, PA, you'll find Ringing Rocks Park.

Ringing Rocks Park is located in Lower Pottsgrove Township. This is one of three publically-accessible ringing rock fields in Pennsylvania. Not only are these fields incredibly beautiful, but they do indeed ring when you hit them with a hammer (Make sure you bring a hammer with you from home when you visit the park). The park not only features this great ringing rocks field, but also a baseball field, picnic pavilions and even a rollerskating rink.

The ringing rock field was figured discovered in the 1740s, making it the oldest documented of the three fields in Pennsylvania. For the next 150 years, it was somewhat of an attraction for locals, though it wasn't widely known.

In the 1890s, a group of local businessman created the Ringing Rocks Electric Railway Co. and started to build a small trolley park around the field. Over time, the park grew and both rides and an observation tower were added to the site.

In the 1950s, the park was purchased by the local fire department. They shut down the amusement park, but the area remained a popular spot for locals to visit.

The field here is only about 100 feet from the parking area, and the rocks on the edge of the field generally ring pretty well, meaning that almost anyone can visit the field and those that can't leave the car could see and hear someone hitting the rocks from the parking area.

Of course, while you don't have to go into the rock field to find ringing rocks, carefully walking through the rock field and banging on a variety of rocks is a ton of fun. As you move through the field, you may find a few duds, but overall, the rocks here ring really nicely, and it's fun to hit different rocks to hear different sounds.

If you happen to be having trouble finding rocks that ring, look for spots that have obvious damage from being hit by hammers. These spots are especially easy to find near the edge of the field.



If you are wondering why the rocks ring at the park, no one is quite sure. While significant testing has never been done, it has been shown that rocks removed from the field no longer produce an audible ringing noise. Because of that, it's thought that the sound is caused by a combination of the makeup of the rocks and the resonance of those rocks against the others around them.