



### *Fond Farewell*

It is with much sadness that we say goodbye to **Todd**. He was part of our housekeeping staff. He is leaving due to personal obligations.

*We will miss him and wish him well!*

### *Welcome!*

Please welcome **Caroline** as the newest member of our staff. Caroline has been volunteering over several years (especially during COVID and the grocery trips). She will be part of our housekeeping staff.

*Welcome Caroline!*

### *Driving Safety Reminder – Did You Know?*

Did you know SRC has 3 entrances to the community from High Street? We have the main entrance, an entrance near Wee Care, and an entrance near Sanatoga Swim Club.

When leaving our community, it is hard to make a left-hand turn (sometimes even a right-hand turn) onto High Street from the main entrance.

It is much easier making turns onto High Street if you use the entrance by Wee Care or Sanatoga Swim Club.

### *Meet Staff Member . . . Bill*

Bill started working at SRC in 1995 as a subcontractor and went full time in 1998 as a maintenance man. He is the most tenured employee on staff. We are grateful for his years of service to our communities.

Bill is a 1954 graduate of Boyertown High School.

He worked as a mechanic for several Chevy garages in the area.

Bill has been married to Mary Jane for 69 years and is the father of 3 sons (Bill Jr., Rod, Andy). He taught all his sons how to work on their cars and to be a handyman around the house.

Bill and Mary Jane are members of the church they helped start (Berean Bible Church) where he served as an elder for many years.

Bill is grateful for all the friendships he has made with the SRC/BRC residents!

## *Trash Reminder*

All trash bags must be tied when placed outside for collection. In addition, please crush plastic bottles (e.g., gallon jugs for milk or water).

If you take items to the trash dumpsters (e.g., boxes, larger items, etc.), please place them **IN**, not next to, the dumpster. The trash removal company needs access to that area for trash removal. Failure to comply has a ripple effect (loss of trash removal by company, dumpsters overflowing for our internal trash removal, and scheduling issues for removal by trash company).

## *Mechanical Room Storage*

The equipment in your mechanical room needs to be accessible by our staff and contractors. Please refrain from using it as a storage area. As homes are going through the refurb process and being resold, yellow tape is being placed on the floor to indicate the space which needs to be accessible.

## *PECO – Power Outages*

Power outages are more prevalent in the area during the summer months. Typically, power outages affect more than one home. If you have experienced a power outage in your home, check with your neighbors to see if they are also experiencing loss of power. If both homes are out of power, **call PECO directly**.

***Each resident (home) needs to report an outage to PECO directly when one occurs. Call: 1-800-841-4141***

Perhaps “neighbors can check on neighbors” who might need help calling PECO to report their power being off.

**All residents should have an emergency back-up plan in case of a power outage.** This is especially true for people who use supplemental oxygen or nebulizers to help with breathing issues. A backup plan could include calling a family member or friend, going to a family member’s home until the power has been restored, or making arrangements with a neighbor to check in on you. Additionally, affordable personal backup power supplies are available from multiple sources.

## *Microwave Ovens*

### *We Care About Your Safety!*

As a reminder, when using your microwave oven, please keep the following safety guidelines in mind:

- Re-heat or cook foods for the recommended times
- Only use dishes labeled as “microwave safe” in your microwave oven
- Using metal and aluminum foil can damage your microwave oven and also create sparks which may cause a fire
  - Do not put metal dishes or utensils in the microwave
  - Do not use aluminum foil in the microwave

## *Locking House Windows*

We recommend locking your windows for safety purposes as well as for energy efficiency. When the windows are locked, it creates a tighter seal on the house, improving efficiency when using your Heating/AC systems.

## *Attic Service – Help Us Help You!*

As a complimentary service to residents, our staff will bring items up and/or down from attics. To continue this service as efficiently as possible, we are asking residents to please do the following to help our staff locate your items in a timely fashion:

- Residents are expected to be home on the assigned day if they have requested attic service.
  - If you are not home when staff arrives, they will move on to the next request.
- Store smaller items in boxes.
- All boxes should be clearly labeled for staff to retrieve items in a timely fashion.
- Larger items that may require explanation should also be clearly labeled.

If our staff is unable to locate something in your attic for you within a few minutes of arrival, they will need to move on to the next work order. Residents who need help with having their attics organized should enlist the help of a family member or a friend.

## *Front of Home Siding Cleaning*

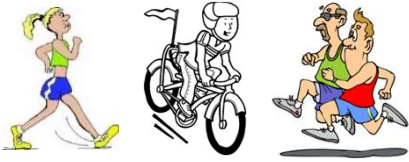
While many residents desire to have the siding of their homes fully power washed annually, it is not something that can be provided as a free service to all residents due to the finances involved as well as the staffing time required. The residents' desire for their houses to look clean is understood by the staff. The staff also understands the potential physical limitations of some residents in cleaning the exterior of their homes.

We will have summer staff clean the siding of front porches by hand brushing and the use of a garden hose. There will be no charge for this service. While it is understood that some residents already paid for their homes to be professionally power washed, this process is not expected to result in the same degree of cleaning that comes from a power washer. This program is optional to residents. **Should a resident desire not to have this free cleaning performed, please call the office by Friday, June 7.**

For those who desire the free cleaning, the following are important to understand:

- To be able to perform this task at all the homes at SRC and BRC, time is limited to approximately 30-45 minutes per home. The intent is to remove as much surface dirt and pollen from the front porch, siding and porch railings within that time period.
- Porch items will be moved only as necessary to clean the house surfaces and railings. The items will not be removed from the porch during the cleaning process.
- Concrete porches and walkways will not be cleaned.
- While special care will be taken to limit the amount of soap and water that flows onto windows, the summer staff will not be able to clean windows resulting from any residue left on the glass due to the process.
- Dawn dish detergent will be used in the cleaning process. Per the manufacturer, the risk of adverse effects on the environment is considered small.
- Spraying of front doors will be kept to a minimum to limit the potential for water seepage into the home.

If a resident is concerned with any of the above, they should opt out of the cleaning.



## *Walking, Riding, Driving Safety Reminders*

We would like to remind you this is an active retirement community with walkers, joggers, and bike riders.

We are a family-friendly community and love when residents have children, grandchildren, great-grandchildren and friends visit. Some reminders:

- Bicycles are allowed on the roadways – NOT on the sidewalks.
- Be aware that a resident exiting their garage may not see you until it is too late.
- Be aware of oncoming traffic when approaching a turn or intersection.
- Skateboards or roller blades are not permitted on our grounds.
- Guests (or guest children with adult supervision) are permitted to ride bicycles.
- Children must be accompanied by an adult when visiting the community center.

Children (and walkers) visit our grounds from neighboring communities. It is nice to know they feel safe in our community. However, we need to keep our residents safe too. Should you observe these visitors causing damage, threatening the safety of our residents, or other inappropriate activities, do not approach the person. Instead, please call the police to report the incident.

These guidelines help make our community safer for our residents and visitors.



## *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. Pets must be under full personal control of an adult at all times and kept on a leash when outside.

Thank you for your cooperation.

## *Ticks*



Now that the warmer weather has arrived, your outside activities may have increased. Remember to check yourself for ticks if you were gardening, walking in a park, or through wooded trails.



## *Happy Birthday!*

11 Cindy M  
21 Betty B

Sunday, June 16 is Father's Day.  
We'd like to wish all our fathers a  
Happy Father's Day!

*Dad, Your guiding hand on my shoulder will  
remain with me forever. ~Author Unknown*

Happy  
*Father's*  
Day

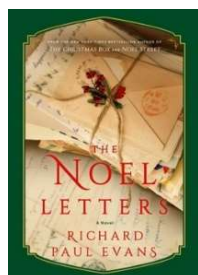
# Keeping Busy

**REMEMBER TO WEAR YOUR NAMETAG FOR RESIDENT  
EVENTS/ACTIVITIES!**

*Please contact the office should you need a new nametag.*

## ***Pickleball Season: Ready! Set! Go!*** ***Wednesdays (at 5:30 PM) & Fridays (at 9 AM)***

The courts are located behind the swimming pool at Sanatoga Swim Club.  
Any questions or concerns, contact Ernie A.



June 3

## ***Book Club***

***Monday, June 3 at 2 PM***

- June 3 "The Noel Letters" by Richard Paul Evans
- July 1 "The Mitford Affair" by Marie Benedict
- August 5 "The Personal Librarian" by Marie Benedict

*Contact Jeanette G. for more information.*

## *Stream Investigation with our friends from the local PA State Park*

*Wednesday, June 5 at 10 AM  
(RAIN DATE, Friday, June 7)*



### *Meeting Place: Sanatoga Swim Club Parking Lot*

Learn what creatures call the Sanatoga Creek home... and how we can tell the water quality based on what creatures we find!

This program will require walking on uneven surfaces, standing for long periods of time, and for those who are interested, wading into the stream. Therefore, this program is best suited for active individuals. *(5 feet.....Lots of walking/standing)*

**Open to the Public. RSVP by Tuesday, June 4.**



## *Mark Your Calendars!*

*Wednesday, June 5 and June 19 at 2 PM*

Did someone say, **ICE CREAM?**

*Mr. Softee was so popular that we added a second date!* Invite your friends and family! Come out to the SRC Community Center parking lot and enjoy some of the many treats they offer! Remember, it is now twice a month - 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays - throughout the summer.

## *STRAWBERRY FESTIVAL!*

*Saturday June 8<sup>th</sup>, 2024*

*11:00 am till 3:00 pm – Rain or Shine*

*Sanatoga Chapel grounds at 2341 E. High St.*

### *Fresh Strawberry Treats!*

*Lunch Served - Hot Dogs & BBQ*

*Hares Hill Brewing Co. Beer Garden*

*Homemade Baked Goods - Philly Soft Pretzels*

*Music and Trivia by Skip & Chickie*

*Cat NAPS of Pottstown, Inc.*

*Children's Games*

*Gift Card Raffle – 50/50 Raffle & More!*

*Benefits The Lower Pottsgrove Historical Society*

For a ride to the Festival, the SRC Bus will Shuttle from the SRC Community Center every half hour between 11 AM and 2 PM.

11:00 AM

11:30 AM

12:00 PM

12:30 PM

1:00 PM

1:30 PM

2:00 PM

## *Peace Meditation with Singing Bowls*

*Sunday, June 9 at 2 PM*

*Last session until fall*

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, June 9 from 2 to 3 PM. **RSVP to Natalie B.**

*Learning About Reiki, follows immediately after.*

## *Learning About Reiki*

*Sunday, June 9 at 3 PM*

*Last session until fall*

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 for practice and discussion for as long as there is interest.

## *Back This Year – Donna’s Produce!*

*Monday, June 10 at 9 AM*

Donna’s Produce (Landis Farm in Limerick) will be here again this summer in the SRC “N” Court pavilion on Monday mornings at 9 AM when the produce is available.

Strawberry crop is late this year and will probably be less plentiful than other years. Price will be \$4 per quart. Hopefully she will have enough to sell by then but it all depends on the weather.

Contact Nancy E. for more information.

## *Resident Meeting*

*Tuesday, June 11 at 9:30 AM*

The Resident meetings are typically held the 2<sup>nd</sup> Tuesday of each month in the McMenamain Rec Center.

*Light Refreshments at 9:15 AM*



## ***Supermarket BINGO! with Amity Place***

***Wednesday, June 12 at 10:30 AM***

Donna Uncapher from Amity Place will bring Supermarket BINGO to you every 2<sup>nd</sup> 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, June 11.**

Meets in the SRC Dining Room.



## ***Needlecrafters!***

***Wednesday, June 12 and June 26 at 3 PM***

***(Meeting 2<sup>nd</sup> & 4<sup>th</sup> Wednesday)***

If you knit, crochet, cross-stitch, embroider or quilt, why not come to the ***Needlecrafters*** at 3 PM in the SRC Dining Room? Learn a new craft or just socialize with fellow crafters – everyone is welcome!

*Any questions call Nancy D. or Marie G.*



## ***Lunch Bunch***

***Peppe's Pizza & Grill***

*(2485 Swamp Pike, Gilbertsville)*

***Friday, June 14 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 11:45 AM.

**RSVP by Tuesday, June 11.**

## ***4<sup>th</sup> Tuesday Fellowship Lunch***

***Tuesday, June 25 at 12 Noon***

This month's culinary adventure will be discussed at the monthly meeting on Tuesday, June 11. Ideas welcome! No fellowship lunch in July or August.



## ***Water Aerobics at Sanatoga Swim Club***

***Tuesday, June 25 and Friday, June 28 at 6:30 PM***

Beginning Tuesday, June 25, Jean D will conduct Water Aerobics at Sanatoga Swim Club.

Water Aerobics will be on Tuesdays and Fridays.  
Contact Jean for more information.

## ***Entertainment: Marie Levin Performs Live as REBA!***

***Friday, June 28 at 4 PM***

Join us in the SRC Auditorium as Marie Levin performs as Reba McEntire.

*Marie has been entertaining Reba fans for over 20 years. Her career highlights include Country Weekly grand prize winner, in which she was featured in their magazine, part of the TNN Awards show with host Jeff Foxworthy and autographed at Fan Fair. Selected to be on impersonator editions of The Weakest Link and Hollywood Squares. She has played casinos coast to coast. Corporate work includes a performance at the famous Wild Horse Saloon in Nashville. The only Reba impersonator, wardrobe designer Sandi Spika agreed to sell a costume due to her uncanny natural look to this redheaded Queen of Country.*

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

### ***“Disaster and Scandal: The Johnstown Flood Part II”***

***Saturday, June 29 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.

**Open to the public. RSVP by Friday, June 28.** Meets in the SRC Dining Room.

## Saturday, June 29

Carpool to the Inner Peace Holistic Expo in Morgantown. Buy your own ticket in advance from the organizers or at the door. Call Natalie B. to volunteer to drive or ride along on Saturday only.

**JUNE 29 & 30 2024**  
morgantown event center  
SAT (10A-6P)  
SUN (10A-5P)

**Summer**  
**INNER PEACE HOLISTIC EXPO**

Variety of Vendors including... A Holistic Wellness & Gem Expo

WATCH FOR EXCITING NEW ADDITIONS!

FREE LECTURES AND GIVEAWAYS ALL WEEKEND!

SWAG BAGS to the first 150 people through the door each day!

FOR MORE INFORMATION VISIT [INNERPEACEHOLISTICEXPO.COM](http://INNERPEACEHOLISTICEXPO.COM)

## Coming July 4! Ice Cream Social!

Optional: Bring an appetizer or dessert to share. Time and details to be discussed at our June community meeting and will be posted, so stay tuned.

## American Red Cross Blood Drive Tuesday, July 16 – 2 to 7 PM



**American Red Cross**

Register online at [www.RedCross.org](http://www.RedCross.org)

You may also contact Cheryl H. for questions or assistance with registration.

## Did you know . . .

### Six planets in the planetary alignment on June 3

The next planetary alignment will take place on June 3, 2024.

In the early morning, six planets — Mercury, Mars, Jupiter, Saturn, Uranus, and Neptune — will align in the sky.

Mercury, Mars, Jupiter, and Saturn may be spotted with the naked eye, but you'll need a telescope or high-powered binoculars to see Neptune and Uranus.  
*starwalk.space*

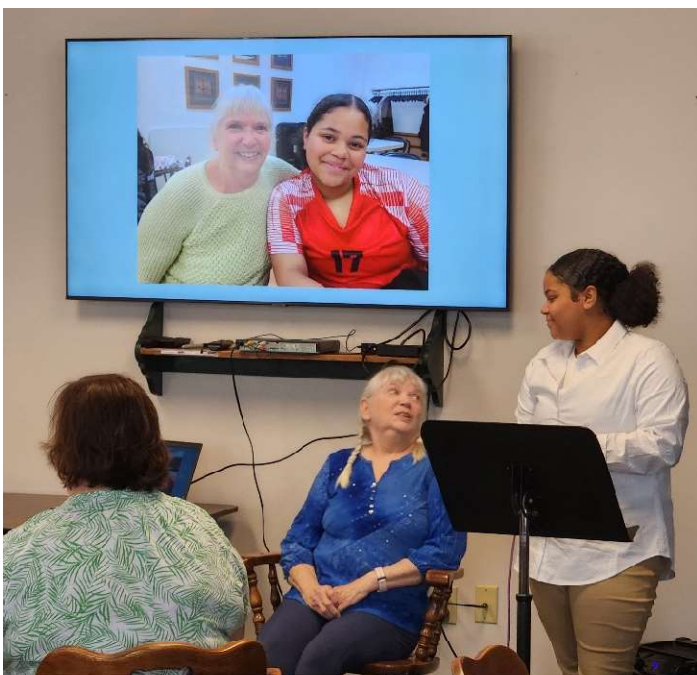


Residents participated in an onsite 10-week program with 5th grade students from nearby West Mont Christian Academy. The program is part of the service-learning program, which teaches children to serve others and to participate in learning activities outside the classroom.

The “Grandchildren” met with the residents to interview them, working on improving their communication skills, and strengthening their public speaking skills in addition to trying new things and meeting new people. The “Grandchildren” then wrote the resident’s biography, which was bound, presented to the group and “published.”

The “Grandchildren” also performed a service project by delivering an inspirational card to each resident in our communities.

*Thank you to the residents that made this special program a huge success!*



## Light Refreshments

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

## Hoagie/Sandwich Night

1<sup>st</sup> Wednesday at 5 PM  
Hoagies are pre-ordered and delivered.  
(Jeannette B)

## Fellowship Lunch

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

## Mexican Train Dominoes

Tuesdays at 2 PM  
(Donna L)



## Circle of Support

1<sup>st</sup> & 3<sup>rd</sup> Thursdays at 11 AM



## Exercising

Looking for a Leader



## Men's Breakfast Club

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



## 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



## 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

## Book Club

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

## Bible Study

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

## Pinochle

Thursdays at 2 PM  
SRC Dining Room

## Needlecrafters

2<sup>nd</sup> & 4<sup>th</sup> Wednesday at 3 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



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)**

### Wednesday – June 19 – Hershey Gardens – Lunch and Garden Tour

Our first stop will be for lunch at the Chocolate Avenue Grill in Hershey. This locally owned and operated restaurant takes pride in offering diverse menu options and friendly small-town service. After lunch we will head to Hershey Gardens. Overlooking the town of Hershey, the gardens feature a breathtaking assortment of flowers, shrubs and stately trees. Included in our self-guided tour is the indoor, tropical Butterfly Atrium. You may do as much or as little walking as you desire. There are benches and water fountains located throughout the gardens. Lunch at your own expense at Chocolate Avenue Grill.

**RSVP to the Office by Friday, June 14**

LEAVE BEREAN PARKING LOT: 9:30 AM

Cost: \$30.00



## New Hanover AARP Trips

Checks Payable to:  
**“New Hanover AARP”**

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

### Wednesday – August 14 – Bucks County Playhouse “Grease”

Grease is a musical romance set against the backdrop of nostalgic scenes from the 1950s. Enjoy free time at Peddler’s Village followed by lunch at Cock & Bull Restaurant.

**RSVP to Carol G. by Friday, June 14**

LEAVE BEREAN BIBLE CHURCH: 9:00 AM

Cost: \$150.00

### Details posted on the Library Bulletin Board

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

Tuesday, October 22 – Penn’s Peak “Yesterday Once More” A Tribute to the Carpenters

Wednesday, November 20 – American Music Theatre “Joy to the World”

## ***STRAWBERRY FESTIVAL!***

**Saturday June 8<sup>th</sup>, 2024**

**11:00 am till 3:00 pm – Rain or Shine**  
**Sanatoga Chapel grounds at 2341 E. High St.**

### ***Fresh Strawberry Treats!***

*Lunch Served - Hot Dogs & BBQ*

*Hares Hill Brewing Co. Beer Garden*

*Homemade Baked Goods - Philly Soft Pretzels*

*Music and Trivia by Skip & Chickie*

*Cat NAPS of Pottstown, Inc.*

*Children's Games*

*Gift Card Raffle – 50/50 Raffle & More!*

*Benefits The Lower Pottsgrove Historical Society*

For a ride to the Festival, the SRC Bus will Shuttle from the SRC Community Center every half hour between 11 AM and 2 PM.

11:00 AM

11:30 AM

12:00 PM

12:30 PM

1:00 PM

1:30 PM

2:00 PM



June 1st  
July 6th  
August 3rd  
August 31st

Take a stroll down memory lane on High Street.  
Visit local business and enjoy live entertainment!

## **2024 LOWER POTTS GROVE SUMMER CONCERT SERIES**

• **Sponsored by: J.P. Mascaro & Sons** •

SANATOGA PARK BAND SHELL, 223 S SANATOGA ROAD

Weather permitting all concerts start at 6 PM. Rain date will be the next day at 7 PM. Be sure to check out Lower Pottsgrove's Facebook page to get updates on the concert.

**June 30<sup>th</sup>** Bill Koss Combo

**July 7<sup>th</sup>** Jump Start Music Duo

**July 14<sup>th</sup>** Flamin Dick & The Hot Rods

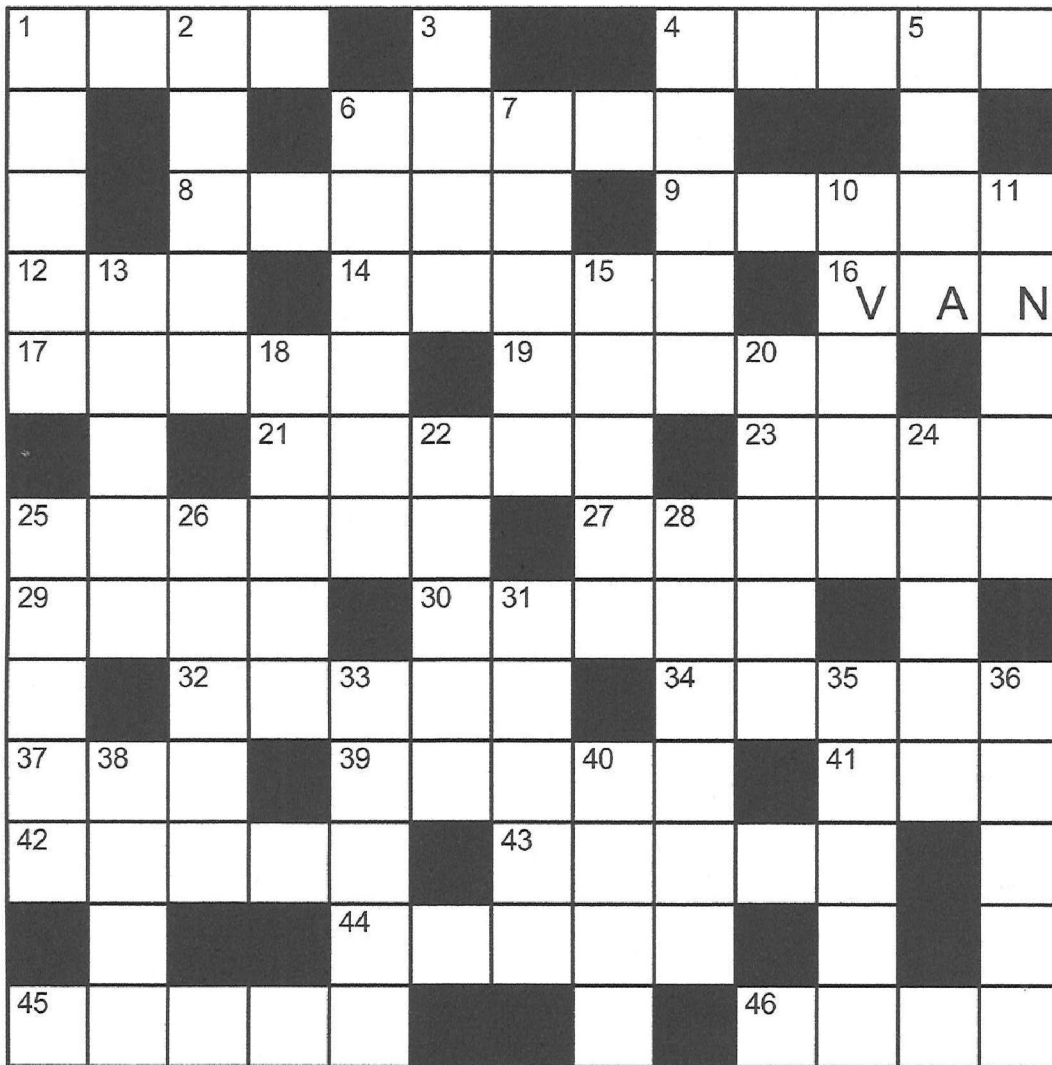
**July 21<sup>st</sup>** Barefoot Bobby and the Breakers

**July 28<sup>th</sup>** Stephanie Grace

**August 4<sup>th</sup>** Pottsgrove Community Band

**PLEASE BRING A CHAIR OR BLANKET TO SIT AND ENJOY THE BAND!**

# PUZZLE #01



MILLS  
 NOSES  
 ONION  
 OVENS  
 PHOTO  
 PORTS  
 RIDGE  
 SEEMS  
 SNOWS  
 SOLAR  
 SPELT  
 STARE  
 TANKS  
 TASTE  
 TEASE  
 TEMPO  
 TENTH  
 WAGON  
 WASTE  
**6 Letters**  
 DEFEAT  
 LOOSEN  
 OTHERS  
 POTATO

## 3 Letters

OWE  
 SHE  
 TIP  
 VAN

## 4 Letters

ASKS  
 BANG  
 DATA  
 INCH

KILL

ONES

ONTO

SAKE

## 5 Letters

ALIEN  
 ARISE  
 ASHES  
 BELOW  
 CHASE

DISCO

EARTH

EASEL

FLAME

GOOSE

HEATS

HOLDS

HOPED

LASTS

METAL