

AUGUST 2019



Neighbor Check



Want to do something nice that does not cost anything or takes a lot of energy but has a great reward? Check on your neighbor. Sometimes just a “hello” by a phone call or knock on the door makes someone’s day!



Richard Newell, MPT, DPT
President and
Chief Executive Officer

Coming in September to SRC

Watch for more information on the upcoming Tower Health Town Hall Meeting with Richard Newell, MPT, DPT, President and Chief Executive Officer of Pottstown Hospital.

The Town Hall Meeting will be open to the public and hosted at Sanatoga Ridge Community.



Pottstown Hospital

TOWER HEALTH

Advancing Health. Transforming Lives.

Resident Committee Meeting

We hope that everyone has been enjoying their summer! The Resident Organization meetings will resume in September. They are typically held the first Tuesday of each month. The September meeting will be TUESDAY, SEPTEMBER 3 at 10 AM in the Garden & Rec Center. Come at 9:00 AM and enjoy the Breakfast Bar. Please RSVP for the breakfast bar by the Friday before.

Not Home For a Little?

If you are going on vacation, having a stay in the hospital or rehab, please call the office and let us know. We get calls from concerned neighbors and it eases our mind and your neighbors that you are OK.



Drop In Toilet Bowl Cleaners

Please refrain from using the dissolvable toilet bowl cleaners that you drop into the toilet tank. These tablets can become lodged in the pipes and prevent the toilet from flushing correctly or not at all.

Using Command Hooks in Your Home

If you use Command hooks in your home, when removing them you must follow removal instructions on the package carefully (strips must be removed very slowly). If they are not followed correctly, it will result in much wall damage by tearing the drywall. If you cannot remove them without tear, consider using a nail instead.

Hose Connections

Please turn off the water to your hose when you are done. We have noticed a lot of people who have been leaving outside faucets turned on with the hoses connected. If the hose were to burst or the sprayer malfunction, water would be running uncontrolled. This is especially dangerous for people who have hose connections in the garages and mechanical rooms. In those cases, it could flood the house. Also, too much back pressure on the valve can damage the valve.



Bus Trip Parking Reminder

Please remember, as a courtesy to our residents and visitors, when you park in the SRC Community Center parking lot for a bus trip, it would be appreciated if you park in the spots farthest from the Community Center building. This allows the residents and visitors who continue to use the building during the day easiest access, especially during inclement weather. When you park farthest from the building, you may wait in your vehicle for the bus to pick you up. Thank you for your cooperation.



State Representative Joe Ciresi

Satellite Office

Starting Tuesday, August 20 at 10 AM, State Representative Joe Ciresi will be having constituent services satellite office hours at Sanatoga Ridge Community. Representative Ciresi will be in the SRC Game Room the 3rd Tuesday of every month from 10 AM to 12 Noon.



Sanatoga Ridge Hair Salon & Library

Did you know the hair salon is open Tuesday, Thursday, Friday, and Saturday (hours posted on door). If you would like to make an appointment, please call the numbers posted on the door of the salon. Should you need to call the Library/Salon area directly, dial 610-326-2780.

Farmer's Market Vouchers

This is a Montgomery County program that provides income eligible seniors with \$20 in checks that can be spent at participating Farmers' Markets. A couple is eligible for \$40 in checks. Vouchers must be used by the end of November.

Vouchers can be obtained at the Pottstown Cluster of Religious Communities Tri-County Active Adult Center, and the Daily Bread Community Food Pantry.

Eligibility requirements: *(Must provide photo ID)*

- 60 years or older, sometime this year
- Montgomery County resident
- Living on limited income (\$22,311 for a single; \$30,044 for a couple)

For more information, contact the
Pottstown Cluster of Religious Communities at 610-970-5995



Happy Birthday!

- 7 Nancy
- 12 Barbara
- 13 Carrol
- 23 Janice
- 25 Nancy
Ethel
- 27 Donna



Happy Anniversary!

- 3 Bill and Carrol
- 4 Ralph and Cleo
- 9 Rich and Joan



Tripping Down Memory Lane

June is the month known for weddings and graduations. Thank you to the 18 residents that provided their photos.

Jeannette was the winner of the gift card. She had 13 out of 18 correct answers.

Did You Know?

Ringling rocks, also known as sonorous rocks or lithophonic rocks, are rocks that resonate like a bell when struck such as the stones in Ringing Rocks Park. Ringing rocks are used in idiophonic musical instruments called lithophones.



The boulder field was first identified in 1742 when a road was cut between Pottstown and New Goshoppen (Pennsburg). In 1894, the Ringing Rocks Electric Railway Company was incorporated to purchase the remote Ringing Hill for an amusement park and provide trolley service (1894 to 1932). At the time it was created, the park was approximately 2 miles (3.2 km) out of town. The park was purchased in 1932 by Walter J. Wolf and operated as an amusement park and skating rink. On September 1, 1957, the park was sold to the Ringing Hill Fire Company.



BRC Yard Sale

Start saving your items to sell at the 2019 Buchert Ridge Yard Sale. Please contact Jeannette for more information. Mark your calendar for Saturday, September 28. Rain date is Saturday, October 5.



KATIE MUTH
44
PENNSYLVANIA STATE SENATOR

MOBILE OFFICE HOURS

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

Words on Wheels Bookmobile

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



Water Aerobics at Sanatoga Swim Club

Nancy will be conducting Water Aerobics at Sanatoga Swim Club on Mondays and Wednesdays at 7 PM. Please contact Nancy for additional questions and to reserve your spot. *You must be a member of the pool to participate.*



Book Club

The Book Club meets the 1st Monday of each month at 2 PM in the SRC Dining Room. *Small Great Things* by Judy Picoult will be discussed at the August 5 meeting. September's book will be *The Woman in Cabin 10* by Ruth Ware.



Lower Pottsgrove Township Summer Concert Series



Join us on Sunday evenings at 6 pm (weather permitting)! No reservations required. Bring the family, a beach blanket, or chair and enjoy a night of family-friendly concerts under the stars at the Sanatoga Band Shell.

Sunday, August 4 - Pottsgrove Community Band



Photographic Safari in Tanzania and Zanzibar Monday, August 5 at 4 PM

A Photographic Safari in Tanzania and Zanzibar will be presented at 4 PM on Monday, August 5 in the Auditorium.

Mary Ann Dailey, PhD, RN, is a Professor Emerita of Nursing (retired) from Slippery Rock University, an author of nursing articles, and a former State Representative (R-146th, Montgomery County), who enjoys travel, photography, singing, and genealogy.

Her photos have appeared in numerous issues of Pennsylvania Magazine. In September of 2018, she and her son, Chris, vacationed in Tanzania on the African Serengeti and photographed the “Big 5” (lions, rhinos, elephants, Cape Buffalos, leopards), exotic birds, Maasai tribesmen, and breathtaking landscapes. Included in this photographic safari was the Great Migration of wildebeests from Kenya, who annually journey across the Mara River to seek fresh grazing land on the opposite shore.

Come and enjoy an ‘up close and personal experience,’ but no animals will bite you!

Why go home and cook? Stay for pre-ordered Pizza at 5 PM. Sign up at the office by 12 Noon on Monday, August 5. Cost is \$2 per slice, plain or pepperoni.

Lunch Bunch

This month’s lunch bunch trip will be going to Emily’s in Mohnton on Friday, August 9. The bus will be available for transportation (or you can carpool). The carpool and bus will be leaving SRC at 11 AM. Please RSVP to the Office by Wednesday, August 7. Lunch bunch meets the 2nd Friday of each month.



Chestnut Knoll at Home
INVITES YOU TO AN

Ice Cream Social!

TUESDAY, AUGUST 13 AT 2:00 PM
In the Community Center Dining Room
at Sanatoga Ridge



 **CHESTNUT KNOLL**
At Home Services

Daily Care • Meals • Housekeeping
Medication Reminders • Errands
Conversation & Companionship
Transportation To Appointments
And So Much More!

RSVP to SRC Office by Friday, August 9



Slapsticks Productions Presents

TriCounty Active Adult Center FUNNY FUNDRAISER!

Proceeds To Benefit TriCounty Active Adult Center Activity Programs

| | | |
|---|---|--|
|  ETHAN HERSCHENFELD 'Boardwalk Empire' |  CHRIS MONTY Seen On 'Kevin Can Wait' |  DAVID KAYE Seen On ABC-TV |
|---|---|--|

50/50 Raffle Sponsored by **TriCounty Area** FEDERAL CREDIT UNION Basket Raffle

FRIDAY TICKETS ON SALE NOW! **August 16**

TriCounty Active Adult Center
288 Moser Road • Pottstown, PA 19464

\$25 Seniors & Center Members • \$30 Non-Members
Includes "Italian Style" Dinner

Doors Open: 6:00pm • Show: 7:00pm • Guests 21 & Over

For Tickets Call Sue McIntyre: 610-323-5009
Tickets Online: slapsticksproductions.com

“Laughter is the best medicine.”

Why not go along with a group of friends to the TriCounty Active Adult Center’s Funny Fundraiser!

Ticket includes dinner and show.

If interested in getting a table and going as a group, contact Carrol.

Re-Creation USA (*Re-CreationUSA.org*)

Re-Creation USA is a group of extremely talented performers that give up one to two years of their lives to entertain veterans throughout the nation. They present more than 320 shows annually in order to fund tours to VA Medical Centers and State Veterans Homes in all 50 states!

The show is fast paced with music and dancing that is almost as good as a Broadway show. There are lots of costume changes, audience engagement, and dancing.

The next performance will be at Cedarville Methodist Church (*near the Coventry Mall and Coventry Ice Cream Parlor*) on Sunday, August 18.

“Creator” – 10 AM

(Songs from every era of our faith journey! Praise & Worship, Traditional Hymns, Children’s Songs, Dramatic Works!)

“Color Me America!” – 7 PM

(Golden Age of Big Band! The Silver Screen! Rhythm & Blues! Red-Hot Retro! The Great White Way! Colorful Country! Red, White & Blue Finale of Treasured American Classics!)



Daily Bread Community Food Pantry

The Pantry is collecting back packs and school supplies which will be given to the children to start school. The pantry can always use donations of food, toiletries, paper goods and diapers.

You may place your items in the Garden & Rec Center near the mailboxes.

A tour of the Daily Bread Food Pantry will be on Thursday, September 12. Please meet at the Garden & Rec Center. The Carpool will depart at 10 AM.

For more information, contact Carrol.



Mexican Train Dominoes

Tuesday at 2 PM in the Garden & Rec Center. (Donna)

BINGO!

Summer Hiatus. Games will resume in September.
(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 Game 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

Summer Hiatus. Meetings will resume in September.

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

Summer Hiatus. Meetings will resume in September.

Liberty Bell Glass

Summer Hiatus. Meetings will resume in September.

SRC Singers

Summer Hiatus. Rehearsals will resume in September.

Representative Ciresi

3rd Tuesday at 10 AM – SRC Game Room.

Wednesday – August 7 – “Widows Peak” at Anthracite Hotel

Nothing ever happens in Rocky Point, a quaint town on the Maine coast. That's what the locals say, but it wasn't always true. In 1876, a sea captain's widow threw herself off a cliff, now known as "Widow's Peak." One-hundred years later, a woman again plunged to her death from that same peak. No violent deaths have occurred since then, but the town's people are worried. No one has seen Cathy Carter for 2 weeks, including her best friend, Edie, who owns the café. When anyone questions Cathy's husband, Will, he says "mind your own business". As tempers flare and suspicions surface, the long-buried secrets of this tight knit community are revealed. Could be, Rocky Point won't have to wait another 100 years for something momentous to happen!

Lunch included: Apple Streusel Coffee Cake, Tomato Juice – Broccoli Salad, Roast Turkey with Stuffing, Eye Round Beef with Pearl Onions, Penne Pesto – Fresh Vegetables, Raspberry Cheesecake

RSVP to Office by Thursday, July 18

LEAVE SRC: 8:30 AM

Cost: \$51.00

Wednesday – August 14 – Bucks County Playhouse “Always Patsy Cline”

Starring Carter Calvert & Sally Struthers

(This is a trip with AARP)

This fun-loving musical hit is based upon the true story of Patsy Cline and a devoted fan, Louise Seger. After meeting in a Texas honky-tonk, the two develop a relationship that lasted until Patsy's tragic death at age 30 from a plane crash in 1963. It features such timeless hits such as "Crazy", "Sweet Dreams", and "Walking After Midnight". Enjoy an included lunch at the Cock & Bull Restaurant in Peddler's Village before the show. Choice of:

- Beef Burgundy
- Flounder Stuffed with Lump Crab Imperial

RSVP to Carol by Wednesday, July 10

LEAVE BEREAN BIBLE CHURCH: 9:30 AM

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

Thursday – August 22 – Mt. Gretna Theatre – USO “American Heartland Tribute”

BUS IS FULL. YOU MAY SIGN UP TO BE ON THE WAITING LIST

LEAVE SRC: 10:00 AM

Cost: \$45.00

FULL

Tuesday – August 27 – Lititz Moravian Church Square Archives & Museum with Consignment shops in the afternoon

In the museum you'll find on display musical instruments, paintings and artifacts accumulated over the long history of the Congregation that established Lititz as a church community in 1756.

The Lititz Moravian Church is the centerpiece for the Lititz Historic District. The Church is flanked by the 1759 Single Sisters House (now the Castle of Linden Hall) and the 1759 Single Brothers House commandeered by General Washington as a military hospital in 1777.

The Mission Gift Shop features Moravian Stars, Moravian cookies, handmade beeswax candles and handcrafted jewelry.

Lunch is on your own at Family Cupboard.

RSVP to Office by Friday, August 23

LEAVE SRC: 8:30 AM

Cost: \$9.00

Friday – September 20 – Schwenkfelder Library and Heritage Center, Asher’s Candy & Pizza Como

The Schwenkfelder Library & Heritage Center, with its internationally recognized collections and research facilities, engages visitors in exploration of the themes of religious freedom, tolerance, migration, and heritage in their own lives and the lives of their families through the stories of the Schwenkfelders and the Pennsylvania Germans of the Perkiomen region - people whose bonds of faith, family, and community tell a fundamental American story. We will also be stopping at Asher’s Candy.

Lunch at your own expense at Pizza Como

RSVP to the Office by Friday, September 13.

LEAVE SRC: 9:00 AM

Cost: \$9.00

Friday – September 27 – Jim Thorpe Train & Town Shopping

Relax and ride comfortably in our vintage coaches built as early as 1917 pulled by diesel engines. The narrated round-trip follows the majestic Lehigh River over bridges, through Glen Onoko, and into the Lehigh Gorge State Park. High-rising cliffs, mountain scenery, and wildlife surround the train along the forested route to Old Penn Haven.

Lunch at your own expense

RSVP to the Office by Friday, September 20

LEAVE SRC: 8:00 AM

Cost: \$23.00

Wednesday – October 2 – Herr’s Snack Factory Tour

There's no fake machinery or actors - it's the REAL factory, the REAL workers, and the REAL process Herr's® has perfected to make their products taste REALLY great. Our tour is a first hand learning experience that includes visual methods that's sure to impress children and adults alike. You'll never forget the little-known facts like what makes a great chipping potato, and how tortilla chips get their seasoning.

Lunch at your own expense at The Creamery

RSVP to the Office by Friday, September 6

LEAVE SRC: 8:30 AM

Cost: \$10.00

Wednesday – October 16 – Silver Birches – “Germanfest”

(This is a trip with AARP)

Tap our toes and sing along to the Joe Lastovica Band playing a spirited mix of German music, old favorites and contemporary classics. Interact with characters wearing traditional German costumes. Enjoy an authentic family style German meal before the show. Open bar with draft beer, wine and soda served during lunch.

RSVP to Carol by Tuesday, September 10

LEAVE BEREAN BIBLE CHURCH: 7:30 AM

Cost: \$90.00 - Checks Payable to New Hanover AARP

Bus Trips - Save The Dates

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|-------------|--|
| November 6 | Dutch Apple Dinner Theatre “Will Rogers Follies” |
| December 5 | American Music Theatre “Joy to the World” |
| December 19 | Holidays at Mount Hope |