

JUNE 2022



RIDGE REPORTER

Please submit items to be included in the July Ridge Reporter to the office by Friday, June 17.



Save the Date!

September 17

Drive-Through Shredding Event

Details to follow!

Driving Safety Reminder – Did You Know?

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

When leaving the 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.

Sunday, June 19 is Father's Day.
We'd like to wish all of 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



Reading Fightin' Phils

Sunday, June 19 (Father's Day)

Thanks to the generosity of a local company, SRC is the recipient of 20 free tickets to the R-Phils baseball game on June 19.

Please call the office to request tickets.

Items for Maintenance and Landscaping

Many times our staff is approached with maintenance or landscaping items that need to be addressed while they are completing other tasks. While we would like to handle the issue right away, our policy is for you to call the office to report these items. Your item is logged into our database which allows for proper staff assignment and tracking the status.

Double-Parking

The roads need to be kept clear for emergency personnel. If you need to pick up a resident or drop off groceries, please do not “double park” for more than 15 minutes. Double-parking makes it hard for people to get in or out of their garages. Your guest(s) may always park in any unnumbered parking space.

Trash Reminder

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).

Items To/From Attic or Basement

As a courtesy service, we provide the moving of items to/from the basement or attic on Mondays after trash pickup. Please call the office by Noon on Fridays to be placed on the list.

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 the power being off.

Have a back-up plan if you have medical equipment that requires electric (e.g., oxygen). You will still have water during a power outage.

Mechanical Room Storage

The equipment in the mechanical rooms need 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.

Check it Out . . . Bulletin Board

Check out the bulletin board in the main area at the McMenamin Rec Center. This bulletin board will be used by the Office to post seminars and information relevant to the Community.



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.



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.



Walking, Riding, Driving Safety Reminders

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

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 10.**

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.

The cleaning will start on vacant homes. Assuming no problems develop, the cleaning will occur on a Court by Court basis. Advanced notification of when various residential Courts will be cleaned will be made via postings at mailboxes.



Veterans!



We are planning an Honor Wall, a place set aside within the McMenamin Rec Center to remember and honor those who served.

We have had a great response to our Veteran Information questionnaire! If you have not already done so, please stop by the office window to fill out an information form letting us know you or your spouse have served in the military. Thank you!

Christmas in July!



SRC is hosting **CHRISTMAS IN JULY** this year! We will be supporting a local Veterans' organization, **Veterans Brotherhood**, by collecting financial donations to help veterans in need. Refer to this month's newsletter insert for more information. Thank you in advance for your participation in this wonderful opportunity to help people in the surrounding community!

**See flyer for information on the presentation being held
Tuesday, July 5 at 11 AM.**



CANCELLED
Due to lack of participation

We regret to inform our residents that the Redner's Prepared Meals program has been discontinued due to a lack of participation. We wish to thank those residents and staff who participated in the program. We are grateful to Redner's Markets for developing this program specifically for our community and for their continued support.

Please note the following resources that are still available:

- **Redner's** continues to have prepared meals available for purchase in the refrigerator case near the deli department. The selections vary from week to week and include a variety of salads.
- In addition to Redner's meals, **Landis Markets** also offers a varied selection of prepared meals in their deli department.
- **Bause Catering** delivers to our communities.
- Several **Delivery services** deliver to our area including: **Instacart, Shipt, and PeaPod.**
- Most markets now offer **curbside pickup** as an option for shoppers.



Happy Birthday!

11 Cindy Meng
21 Betty Bogucki

Men's Breakfast

Wayne Bliss is taking over the Men's Breakfast.
Thank you Jim Acito for your many years of planning the breakfast.

Men's breakfast meets the 4th Wednesday at 8 AM.

Please contact Wayne for more information.

Men's breakfast will NOT meet in July or August.

They will resume in September.

BRC Community Meetings

Wayne Bliss will Chair the BRC Community Meetings.
Thank you Kerry Whitehead for your many years leading this meeting.

BRC Community Meetings are held the 2nd Tuesday of each month.

No meetings will be held in July or August. Meetings will resume in September.



SAVE THE DATE

Start saving your items to sell at the Buchert Ridge Yard Sale. More details to follow.

Mark your calendar for Saturday, September 24.

Did you know . . .

June's full Moon, the full Strawberry Moon (the ripening of "June-bearing" strawberries that are ready to be gathered), occurs on Tuesday, June 14. It reaches peak illumination at 7:52 A.M. (EDT) that morning!

This full Moon is also the first supermoon of 2022. A supermoon is the point at which the Moon is closest to Earth. June's full Moon stands at 222,238.4 miles (357,658 km).

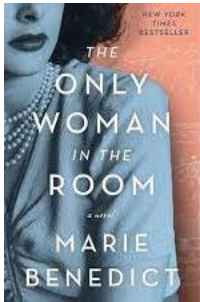


Balance Screening

For those who registered, a RSVP confirmation slip will be in your mail slot with details for our Balance Screening performed by licensed physical therapists Tri County Home Health & Hospice.

Donna & Richard Landis Farm Stand Starting Monday, May 30 at 8:30 AM

Donna Landis (Donna & Richard Landis' Farm) is back again this year with her fresh fruits and vegetables on Monday mornings at 8:30 AM in the Court "N" Pavilion. Strawberries are available now (\$4 per quart; \$2 per pint). Strawberries and other vegetables will be available throughout the summer. Please call Nancy Ewing (L-10) if you have any questions.



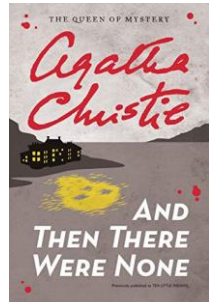
June 6

Book Club

Monday, June 6 at 2 PM

The Book Club meets the 1st Monday of each month at 2 PM in the SRC Dining Room. The Only Woman in the Room by Marie Benedict will be discussed at the June meeting. July's book will be And Then There Were None by Agatha Christie.

Contact Jeanette Granger for more information.



July 4

Field Trip to Tri County Active Adult Center (TRAAC) Wednesday, June 8 at 9:30 AM

Join us on a field trip to visit TRAAC. We'll tour the Center and see all the classes, trips, meals, activities, exercises, and assistance that it offers! You don't need to be a member! Bus leaves Berean Church parking Lot on Wednesday, June 8 at 9:30 AM and returns around 11:30 AM. RSVP by Monday, June 6. First preference given to those who attended the TRAAC informational seminar on May 19.

While there, you can sign up for TransNet, a Montgomery County bus service that will bring you to the center for free, and then back home again. TransNet will also deliver you to doctor's appointments, the dentist, physical therapy, and just about anywhere in Montgomery County! You can also sign up for a TransNet bus pass by calling TRAAC at 610-323-5009.

Falls Prevention Seminar Thursday, June 9 at 11 AM

Feeling a bit unsteady on your feet? Montgomery County Office of Senior Services is hosting a practical, informational presentation on how to prevent falls as you go about your everyday life. Open to the public! Bring a friend! Held in the Auditorium on Thursday, June 9 at 11:00 AM in the Dining Room. RSVP by June 8.



Lunch Bunch

Red Lobster

Friday, June 10 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 a fee of \$3 (check only) per person for the Bus Driver payable at sign-up.

The bus and carpool will leave the Berean Bible Church Parking lot at 11 AM. RSVP by Tuesday, June 7.



Bible Study

Monday, June 13 at 2 PM

Bible Study will be held on Monday, June 13 at 2 PM in the SRC Dining Room. The study will be headed up by Franklin Iyasere, lead pastor at Providence Church of the Brethren in Royersford. Pastor Franklin is originally from Nigeria, and he welcomes this chance to meet you.

Breakfast Bar

Enjoy breakfast with your neighbors in the McMenamin Rec Center 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.

No breakfast bar in July or August. Will resume in September.



BRC Community Meeting

Tuesday, June 14 at 10 AM in the McMenamin Rec Center

There will be a community meeting in the McMenamin Rec Center after breakfast on Tuesday, June 14 at 10 AM. In order to know how many tables and chairs should be set up for both breakfast and the meeting, please **RSVP by Friday, June 10** to Rozanne. This will be the last meeting until September.



You can't buy happiness. But you can buy ice cream and that is pretty much the same thing. ~ Unknown

Ice Cream and Treats!

Mr. Softee will bring the ice cream truck to SRC Community Center parking lot on the 3rd Wednesday of each month through the summer!
(Accepting Cash and Credit Cards)

Come out and join the fun with your neighbors on Wednesday, June 15 at 2 PM! Invite your family and friends. Enjoy Mister Softee ice cream and treats in the Community Center parking lot!

Ladies' Night +1 – No Boys Allowed!

Thursday, June 16 at 6 PM

We all know how much ladies love to talk! Hosted by Lara Graham of Sales & Marketing, join us for a "gathering of girls," for no other reason than to get out and socialize and bring everyone together! Bring a friend from outside the community, or a neighbor from your Court and join us for a night of fun and laughter while making new friends! Iced Tea and Lemonade will be served. Feel free to bring a snack to share. RSVP for yourself (or you and your +1) by Wednesday, June 15. No boys allowed! This will be a monthly event, held every third Thursday of the Month. Come every month, or just once in a while! Held in the SRC Dining Room on Thursday, June 16 at 6 PM. RSVP by Wednesday, June 15.

American Red Cross Blood Drive – Friday, June 17

We are excited to hold an American Red Cross Blood Drive on Friday, June 17 onsite at SRC!

Now open to the public! Blood supply has significantly diminished during COVID. Please consider giving the gift of life at our American Red Cross Blood Drive. Especially needed are blood types A-, B-, O+, and O-. Held in the SRC Auditorium on Friday, June 17 from 10:00 AM – 3:00 PM. Appointments are necessary; register online at www.redcrossblood.org by Thursday, June 16.

Grief Support Group at Buchert Ridge Community

Starting Thursday, June 23 at 11 AM

Join a small group of people your age who have also experienced a loss recently. Professional Bereavement Counselor Chris Stein of Brookdale Hospice will facilitate the sessions and offer support. **Space is limited** - Group size is intentionally kept small. Group meets for 3 sessions in the BRC Community Center on the following Thursdays at 11 AM on June 23, 30, & July 7. RSVP by Monday, June 13.



Spring Street Songsters

Tuesday, June 28 at 2 PM

Spring Street Songsters will perform in the Auditorium at 2 PM on Tuesday, June 28. They are a 20-member chorus from the Boyertown Community Center at Spring Street.

Water Aerobics at Sanatoga Swim Club

Tuesday, June 28 at 6:30 pm

Beginning Tuesday, June 28 at 6:30 PM, Jean Dreibelbis will conduct Water Aerobics at Sanatoga Swim Club.

Water Aerobics will be on Tuesdays and Thursdays at 6:30 PM. Contact Jean (E-03) for more information.

Hospice: What It Is, What It's Not

Wednesday, June 29 at 1 PM

It's a hard topic to talk about. Many are not really clear what it is exactly, or its purpose. What is it? Where is it? Who determines if it's needed, or when it's needed?

If you have any of these questions, or someone you love has a significant illness, join Chris Stein of Brookdale Hospice for this informational presentation to educate yourself on what hospice involves, the varying levels of assistance available, and get the facts. Held in the SRC Auditorium on Wednesday, June 29 at 1 PM. Open to the public! Bring a friend! RSVP by Monday, June 27.

Healthy Steps In Motion Class

Tuesday, July 12 at 11 AM

Evidence-based Falls Prevention exercise program strives to reduce the risk of falling by building body strength, increasing flexibility, and improving balance. Taught by certified workshop leaders, it is designed for seniors 60+ of all fitness levels.

Class begins with a warm up, followed by strength and balance exercises, and ends with a cool-down stretch. Exercises are modeled so participants can continue Healthy Steps in Motion long after the class ends.

The one hour class is held in the SRC Auditorium and begins on Tuesday, July 12 at 11 AM, and runs for 8 sessions: July 12, 19, 26, August 2, 9, 16, 23, & 30. First and last class will be 90 minutes for physical assessments. Class size is limited. RSVP by Thursday, June 30.



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)

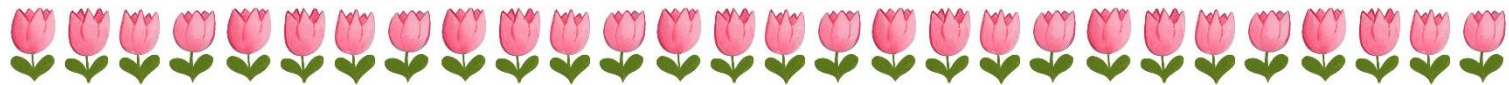
Breakfast Bar

2nd & 4th Tuesday
(Rozanne)



Men's Breakfast Club

4th Wednesday
(Wayne)



Words on Wheels

June 13 at 10 AM
SRC Community Center Parking Lot



Vietnam Veterans

1st Tuesday at 7 PM
SRC Dining Room

American Legion

4th Thursday at 7 PM
SRC Dining Room



Yoga – SRC Auditorium

TUESDAY – CHAIR YOGA - 3:30 PM

WEDNESDAY – FLOOR YOGA - 9:30 AM



Hooks and Needles

1st Tuesday at 2 PM – SRC Game Room

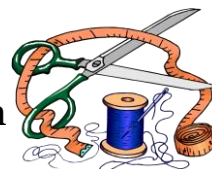


Pinochle

Thursdays at 2 PM – SRC Dining Room

Sewing Club

1st & 3rd Fridays at 9:30 AM – SRC Sewing Room



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)**

111

Tuesday – June 21 – Pearl S. Buck National Historic Landmark

The Pearl S. Buck House, a National Historic Landmark Museum in Bucks County, PA, was the home of Pearl S. Buck and her family. The beautiful and iconic Bucks County farmhouse contains a rich, intact collection from the extraordinary (the typewriter on which she wrote “The Good Earth”) to the ordinary (a closet full of board games her family played). The grounds of the estate also contain her gravesite, greenhouse and award winning gardens. Lunch at your own expense at The Perk

RSVP to the Office by Wednesday, June 15.

LEAVE BEREAN PARKING LOT: 10:00 AM

Cost: \$16.00



Save the Date

Friday – July 29 American Treasure Tour

New Hanover AARP Trips

Checks Payable to:
“New Hanover AARP”

Details posted on the Library Bulletin Board.
RSVP to Carol Griffith (484-624-8314)

1

Tuesday – June 14 – Chesapeake City, MD

The day begins at Schaefer’s Canal House ...

RSVP to Carol Griffith by Friday, May 13

LEAVE BEREAN BIBLE CHURCH: 9:30 AM

Cost: \$90.00

1

Wednesday – July 20 – Totem Pole Playhouse “Beehive”

The day begins with a family style meal at Hickory Bridge Farm ...

RSVP to Carol Griffith by Monday, June 20

LEAVE BEREAN BIBLE CHURCH: 8:45 AM

Cost: \$100.00

Save the date:

Thursday, August 11 – The Shore Club in Spring Lake, NJ
“The Heavenly Concert – Elvis & Patsy Cline: