

## RL TRIPS CONTINUED.....

**PERKIOMEN TOURS & TRAVEL  
SIGHT & SOUND THEATRE-“DANIEL”  
TUESDAY, JUNE 18, 2024  
10:30 a.m. (TRIP)**

Mark your calendars and join us on this chartered trip with Perkiomen Tours & Travel to Sight & Sound Theatre, premiering “Daniel.” Taken from his people, Daniel is exiled far from home in the powerful kingdom of Babylon. Now this faithful servant must navigate his new life inside a palace filled with golden statues and shifting empires. Will Daniel trust in the one true God and be safe in a fiery furnace to the infamous den of lions? Come and experience this brand new original stage production. We will depart from the Fisher Auditorium entrance ONLY at 10:30 a.m., enjoy the included family-style lunch at Fulton Steamboat Inn, enjoy the 3:00 p.m. show and return to Dock Woods at approximately 7:30 p.m. The price of this trip is \$160.00 per person which includes the motor coach transportation, lunch, tax, tip, show and Perkiomen driver’s gratuity. Sign up by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) Guests are welcomed!

## BOCCE

Bocce season is fast approaching and that means opportunities for Bocce fun! The registration is for your team registering to play against other teams in a round-robin format. Each team consists of two players. If you do not have a partner to play with, another person looking for a partner will be matched up with you. Each match consists of two games. Your team and your opposing team will decide WHEN you play. This is a great way to meet fellow residents and have some fun! Registering early allows us to start round-robin play as soon as weather permits. To register or answer any questions please contact Cliff Heizmann at 267-663-7551 or email [cliffandcaroline@gmail.com](mailto:cliffandcaroline@gmail.com).

## OPEN CROQUET

Open croquet for ALL on Tuesday, Thursday and Saturday afternoons at 1:30 p.m. Come enjoy the new flat courts in fresh air and sunshine.

## WELLNESS CENTER

The walk-in Wellness Clinic is open daily Monday through Friday from 8:45-10:45 a.m. and on the 2nd and 4th Friday of the month from 1:30-3:30 p.m. or by appointment at any other time. You can schedule a time to see Maria during her normal office hours of 7:00 a.m. to 3:30 p.m. Monday through Friday. Grandview Hospital Lab Services are available by appointment only for residents of Dock Acres, Dock Gardens, the Villas and residents of Dock Manor who have joined the Wellness Center. Please bring your lab and any therapy orders to Maria Popp in the Wellness Center at least 48 business hours before your requested appointment.

**Labs are drawn Mondays at 9:00 a.m., Tuesdays at 7:30 a.m. and Thursday at 7:30 a.m. in the Wellness Center Clinic.**

**To make an appointment with the following doctors:** Please inform them that you will be seen at Dock Woods.

Dr. Alexandra Parish and  
Dr. Stephanie Varghese  
Montgomery Podiatry  
Call: 215-361-5769 to schedule

Brigitte Harken, CRNP,  
TriValley Primary Care  
Call: 215-723-7833 or Call  
Maria, the RL nurse if you need  
to see Brigitte urgently.

Dr. Madelynn Petrancuri and  
Dr. Holly Forst  
Live Better Hearing + Balance  
(Associates in Hearing)  
Call: 215-855-4217

# DOCKET

## DOCK WOODS

**WINTER ON THE NILE: PART I WITH DR. STEVE  
EGYPT’S GOLDEN AGE OF TRAVEL 1850-1950  
MONDAY, MARCH 4  
2:00 p.m. (DERSTINE CHAPEL)**

You are invited to join Dr. Stephen Phillips, Ph.D. from the University of Pennsylvania Museum of Archaeology and Anthropology as he presents Part I of Winter on the Nile – Egypt’s Golden Age of Travel, 1850-1950. Egypt is one of the world’s oldest countries; it is also one of the world’s top travel destinations. Part I focuses on the history and development of formalized travel, the impact to Egypt of the new Suez Canal, which went hand-in-hand with the development in Alexandria of Egypt’s legendary hotels, such as the San Stephano Hotel, the Majestic Hotel, and the Cecil Hotel. Richly illustrated with archival photographs, this three-part class follows in the footsteps of Victorian and Edwardian era travelers, including Agatha Christie, on a captivating and educational journey through history of travel to Egypt from her *Golden Age of Tourism*, between the years 1850-1950, right up to present day. A shuttle will pick up at each entity beginning at 1:20 p.m.

**BOOKS R FUN BOOK FAIR  
TUESDAY, MARCH 5  
11:00 a.m. to 2:00 p.m. (FISHER AUDITORIUM)**

Books R Fun Book Fair will be set-up in the Fisher Auditorium for your shopping convenience, just in time for Spring and Easter. There will be selections of children’s books, inspirational books, cook books, seasonal cards, and a variety of novelty gifts and toys for sale at discounted prices. Cash, credit cards, and Venmo are accepted. A rebate from the total sales will benefit new purchases for the Dock Woods library. Friends and family are invited to come and enjoy shopping at your convenience, right at home!

**DOCK WOODS CHOIR EASTER CANTATA TUESDAY, MARCH 26 2:00 p.m. (DERSTINE CHAPEL)**

You are invited to attend the Dock Woods Choir Easter Cantata on Tuesday, March 26 at 2:00 p.m. in the Derstine Chapel. The Dock Woods choir, under the direction of Bill Kuhfuss, will present, “Then Came Sundays,” by Rodger Strader. Guest soloists are Tina Hershberger and Al Stinson, accompanied by Beth Casmass at the piano. An offering will be received following the concert. A shuttle will begin to pick up at each entity beginning at 1:20 p.m.

**2024 MARCH TALENT SHOW  
“SPOTLIGHT SPECTACULAR”  
THURSDAY, MARCH 21  
2:00 p.m. (FA-BISTRO)**

Mark your calendars for the 2024 March Talent Show, “Spotlight Spectacular.” This talent show will be an unforgettable experience that will be remembered long after it is over. The show will include vocals, dance, skits, and feature a variety of instrumental musicians. For over 30 years and counting, Dock Woods, has been enriching the lives of our residents at this annual event. We are excited to showcase the talents of this year’s performances. Come and enjoy another year of this fun-filled afternoon. A shuttle will pick up at each entity beginning at 1:20 p.m.

**DRESS REHEARSAL is on  
Wednesday, March 20 from  
2:00 p.m. to 4:00 p.m. in the  
Fisher Auditorium.** Be sure to bring along your music and any props.

COMMUNITY EVENTS

DOCK MENNONITE ACADEMY  
HIGH SCHOOL ORCHESTRA &  
BAND  
FRIDAY, MARCH 1  
1:30 p.m. (DERSTINE CHAPEL)

You are invited to enjoy the afternoon concert presented by the Dock Mennonite Academy High School at 1:30 p.m. in the Derstine Chapel. Artistic directors, Dr. Matthew Ramage, and Joy Yoo are excited to introduce the band and orchestra presenting stylistically varied selections that include hymns, marches, overtures, folk tunes and more! A shuttle will begin to pick up at each entity at 12:50 p.m. \*\*\*please note the concert begins at 1:30 p.m.\*\*\*

WOMEN’S HISTORY MONTH  
CONCERT W/JAY DANIELS  
WEDNESDAY, MARCH 6  
2:00 p.m. (FA)

You are invited to join Jay Daniels, gifted vocalist, pianist, musical historian, and storyteller in the Fisher Auditorium at 2:00 p.m. on Wednesday, March 6, as he presents a variety of songs to recognize, Women’s History Month. Now residing in the Tri-State region, Jay performs nearly every day with over 200 performances planned. Come and learn about women who have made history through the music presented at this afternoon one hour concert. A shuttle will begin to pick up at each entity at 1:20 p.m.

MEN’S BREAKFAST  
FRIDAY, MARCH 8  
8:00 a.m. (FA)

This month the guest speaker is Kenneth Kriebel, resident of Dock Woods. Ken will be speaking about the Schwenkfelders and everything

you do not know about them! Ken will also introduce us to the museum, the Schwenkfelder Library Heritage Center, located in Pennsburg, and will share about the history, art, genealogy and spirituality of the Schwenkfelders. The price of the breakfast is \$8.25 per person plus tax. Please make your reservations by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) by Tuesday, March 5. Ladies are welcome to hear the presentation at 8:30 a.m.

‘CROON THAT TUNE’- DOO WOP &  
CROONERS FROM THE 30’S TO  
60’S-MUSIC WITH SETH  
FRIDAY, MARCH 8  
2:00 p.m. (BISTRO LOBBY)

Join us for warm melodies to get us through the last of the cold months before Springtime! Nobody could sing as warmly and soothingly as the great crooners (Bing Crosby, Frank Sinatra, Nat King Cole, Dean Martin, & more) and Doo Wop music brought us the fun and energy that brought us from the post-WWII years all the way up through the 1960s. Come be part of that fun as we sing and play along to some of our favorite Crooner & Doo Wop melodies. No musical experience or skills required- All are welcome!!

“SPRINGTIME CHAIR BINGO”  
MONDAY, MARCH 11  
2:00 p.m. (RR)

Spring is just a week away and we invite you to come and celebrate the season at the “Springtime Chair Bingo” in the recreation room. We use a NEW bingo sheet each game. We will play a variety of games. We have PRIZES,PRIZES,PRIZES! Bring

RESIDENT BIRTHDAYS AND UPDATES

along a pencil or marker, and a large book to place your bingo sheet on. Please make your reservations by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org)

MARCH POTLUCK  
TUESDAY, MARCH 12  
5:00 p.m. (DMCR)

You are invited to sign up on the Dock Manor bulletin board if you plan to attend the March Potluck Supper. Remember to mark on the sheets what you plan to bring (enough to feed six). This month Pat Vandegrift and committee will be hosting this seasonal potluck. Some ideas of food to bring along include a ham, fried chicken, ground beef casserole entrée, macaroni and cheese casserole, corned beef and cabbage, a variety of vegetables, potatoes, variety of salads, Irish soda bread, and of course a variety of desserts. Please contact Pat Vandegrift at 352-467-3752, if you have any questions, or if you would like to set-up or clean up.

CANDY CRAFTERS  
EASTER CANDY SALES  
WEDNESDAY, MARCH 13  
9:00 a.m. – 3:30 p.m. (CC LOBBY)

It’s time to fill your Easter baskets and see what variety of candies and gifts that Bev Nace from Candy Crafters has brought this spring. She will be located in the Bistro Lobby in front of the fireplace. You will find many selections of homemade candies and gifts to choose from, at very reasonable prices. Checks and cash are accepted. A portion of the total sales will benefit the Sharing Fund.

This page was removed to protect the privacy of our residents.



RESIDENTIAL LIVING TRIPS

RL DINE AROUND  
THE WASHINGTON HOUSE  
WEDNESDAY, MARCH 20  
4:30 p.m. (TRIP)

The Living Branches coach will be travelling to Sellersville, to enjoy dinner at 5:30 p.m. at The Washington House. You will be seated at tables of four and six, order off the menu, and 20% gratuity will be added into each separate check. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) The coach will begin to pick up at each entity at 4:30 p.m.

LANSDALE COMMUNITY  
CONCERT-N.P.H.S.  
SATURDAY, MARCH 23  
6:00 p.m. (TRIP)

The Living Branches coach will be transporting residents with a season membership to the North Penn High School to enjoy the sixth concert of the season at 7:30 p.m. featuring Montgomery County Concert Band. The price of trip is \$4.90 per person. Sign up with Eileen Burks by calling or emailing her at 215-368-3343, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) The coach will begin to pick up at each entity at 6:00 p.m.

DUTCH APPLE DINNER  
THEATRE-“THE ADDAMS  
FAMILY”  
THURSDAY, MARCH 28  
9:00 a.m. (TRIP)

The Living Branches coach will be transporting residents with reservations to Lancaster, to enjoy the hot buffet and afternoon new musical comedy, “The Addams Family.” The coach will begin to pick up at each entity at 9:00 a.m. Approximate return home to Dock Woods is 6:00 p.m.

HUNTERDON HILLS  
PLAYHOUSE-“BEEHIVE”  
WEDNESDAY, APRIL 17  
9:00 a.m. (TRIP)

The Living Branches coach will be traveling to Hampton, N.J. to enjoy the served hot lunch and afternoon show, “Beehive.” This 1960’s musical is a celebration of the female voices of the 1960s. This musical review will transport audiences with timeless hits such as *My Boyfriend’s Back*, *Son of a Preacher Man*, and *You Don’t Own Me*. The story is told through the lens of six women as they sing their way through 40 of the most iconic songs of this impactful decade. Featuring, Aretha Franklin, Tina Turner, and Janis Joplin. The price of this trip which includes the served lunch, show and transportation is \$96.95 per person to be billed on your statement after the trip. Sign up with Eileen Burks at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) The coach will begin to pick up at

each entity at 9:00 a.m. Approximate return home to DW is 5:30 p.m.

DUTCH APPLE DINNER  
THEATRE-“RAGTIME, THE  
MUSICAL”  
THURSDAY, MAY 9  
9:00 a.m. (TRIP)

The Living Branches coach will be travelling to Lancaster to enjoy the hot buffet lunch and afternoon musical, “Ragtime.” Set in early twentieth-century New York, three distinctively American family tales are woven together. United by courage, compassion and belief in the promise of the future, they confront history’s timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair. The price of the trip which includes the hot buffet lunch, show and transportation is \$83.00 per person to be billed on your account after the trip. Sign up by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) The coach will begin to pick up at each entity at 9:00 a.m. Approximate return home to Dock Woods is 6:00 p.m.

Continued on back page

COMMUNITY EVENTS

Mark your calendar!

RL MARCH BIRTHDAY  
CELEBRATION  
WEDNESDAY, MARCH 13  
2:00 .m. (FA)

ALL Residential Living residents are invited to attend the monthly birthday celebration. If you are a March birthday celebrant, please call or email Eileen Burks at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) by Tuesday, March 12 if you plan to attend and receive your birthday plant. This month Sheila Milz is our guest vocalist/entertainer. A shuttle will pick up at each entity beginning at 1:20 p.m.

CORNHOLE  
THURSDAY, MARCH 14  
2:00 p.m. (FA)

ST. PATRICK’S DAY PARTY  
FRIDAY, MARCH 15  
2:00 p.m. (FA)

Come celebrate St. Patrick’s Day with us in the Fisher Auditorium on Friday, March 15 at 2:00 p.m. Be sure to wear your GREEN and enjoy the Irish music performed by Bill Monaghan while you enjoy your shamrock shake and soft pretzel. A shuttle will pick up at each entity beginning at 1:20 p.m.

AMICI OPERA COMPANY  
SUNDAY, MARCH 17  
2:30 p.m. (DERSTINE CHAPEL)

You are invited to join artistic director and founder of Amici Opera Company, Ralph Tudisco in the Derstine Chapel at 2:30 p.m. for the afternoon opera, Mozart’s “Don Giovanni.” This fully staged opera in costume is free with your ID badge for Living Branches

residents. There is a fee charged to guests at the sign-in table located at the Derstine Chapel porch hallway entrance.

JEFFERSON HEALTH OUTREACH  
PROGRAM  
MONDAY, MARCH 18  
2:00 p.m. (DERSTINE CHAPEL)

Please join a member of the outreach team from Jefferson Health for this month’s “Healthy Food Makes You Feel Good!” Join us to discuss nutrition and its effects on diabetes and cancer. A shuttle will pick up at each entity beginning at 1:20 p.m.

“WINE IN THE WOODS”  
TUESDAY, MARCH 19  
4:30 p.m. (CHRISTOPHER’S)

Wear your green as we will celebrate at this one hour social, “Wine in the Woods” with a St. Patrick’s day theme. Just a reminder that this is a BYOB wine hour; you bring your own wine, and take your remaining wine home with you after the event. Wine glasses will be available along with other beverages. Appetizers will be available for you to enjoy! Please make your reservation with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org)

CHAIR VOLLEYBALL  
MONDAY, MARCH 25  
2:00 p.m. (FA)



DOCK STEWARDS

Small Changes X Billions of  
People = BIG IMPACT.

Be a part of the solution:

1. Use a refillable water bottle,
2. Bring your own to-go cup to coffee shops,
3. Keep reusable utensils and straws in your car and purse for when you eat out,
4. Shop with reusable bags instead of plastic bags – everywhere you shop,
5. Reduce your use of plastic items.

Challenge yourself to find better solutions every day for the sake of our planet, and the lives of future generations.

REPORTS

SARA SPOTLIGHT

What should I do in the event of an emergency? Call 911 and press your SARA alert, by holding the button on your SARA device for 2 seconds, until it vibrates and rapidly flashes red. Reminder - When you activate your SARA device, please remain in place after you activate the device, in order to aid in locating you. This is true for both real and accidental SARA activations

DOCK WOODS COMMUNITY GARDENS -2024

We look forward to another successful year in the Dock Woods Community garden. We welcome any new residents or those who were unable to participate last year and all former gardeners. If you have an interest in gardening, vegetables or flowers, please join us in the Community garden in a healthy sociable activity as we grow together. We will be sending Garden plot applications to all residents early in March. Please submit your application promptly. After receiving the application the Garden Committee will allocate the plots and post a plot plan as in past years. Community gardening requires all of us to work together as responsible gardeners.

VOLUNTEERS

When is it ok to return to your volunteer assignment after you have tested positive for COVID? Per CDC guidance, after testing positive for COVID you should plan not to return to your volunteer assignment for 10 days. On day 11, you may return to work without testing if you have been fever free for at least 24 hours without taking fever-reducing medication. If you want to return sooner, you can return on day 7 with a negative COVID test and you must wear a KN95 mask through day 10 or until you are symptom free. You must also be fever free for at least 24 hours without taking fever reducing medications. The KN95 masks can be found in the volunteer offices as well as the nurse’s stations. Regardless of where you are volunteering, if you are still

experiencing symptoms (like a cough) on the day you return, you will need to wear a KN95 mask. If you have any questions regarding these guidelines, please contact Jennifer Wilson at 215-368-4438, ext. 44189 or [jennifer.wilson@livingbranches.org](mailto:jennifer.wilson@livingbranches.org) or Sue Zomberg at 215-723-9881, ext.42298 or [suzanne.zomberg@livingbranches.org](mailto:suzanne.zomberg@livingbranches.org).

FUND DEVELOPMENT

What is a CGA?

A charitable gift annuity (CGA) is a great way to donate to the Living Branches benevolent care ministry while securing your financial future. It’s a one-time gift that provides you with fixed payments for life and frees you from managing funds that you intend to eventually give away. Additionally, there are tax benefits included at the time of your gift. Any remaining funds are donated to the charities of your choice after your passing. Gift annuities are available through the Living Branches Preferred Trust Providers: Everence Financial Services and Univest Financial Services. For more information, contact: Keith Heavener at 215-368-4438, extension 44115, or Colin Ingram, at 215-368-4438, extension 44304.

Memorial Gifts

Memorial gifts are one of the most common donations we receive for the benevolent care ministry. A memorial gift is a special way to honor a Living Branches resident, family member, friend or co-worker who has passed away. Gifts can be given to Living Branches Benevolent Care Fund, Sharing Fund, Agape Fund or any one of our other funds. Checks should be made out to Living Branches Foundation. Please enclose a simple note that tells us which fund you prefer, and who it is in memory of. The family of the deceased will get a report monthly from us letting them know who has given in memory of their loved one. Stop by the Fund Development office if you have questions or need more information about memorial gifts or call Rose at 215-368-4438, extension 44305.

REPORTS

Auxiliary Rocker-Thon To Benefit Agape Fund

The Souderton Mennonite Homes Auxiliary will be hosting the annual Rocker-thon on Friday, March 22. This event benefits the Agape Fund, which provides grants to residents who are no longer able to cover the full cost of their care. Sign-up instructions and donation information will be posted near the Corner Store. If you have questions, please contact Alta Yoder at extension 42229.

Acorn Shop

Spring is right around the corner and the shop is blooming with colorful home décor, jewelry, handbags, apparel and much more! Stop in to find some wonderful new items for yourself and for loved ones! Plenty of decorations for St. Patrick’s Day and Easter will also be available. For the month of March all Moyer’s and Asher’s candy and snacks will be 25% off. Be sure to grab some of these delicious treats before they’re gone! Also this month, all children’s items will be 25% off. Filling those Easter baskets just got easier!!! The Acorn Shop hours are Monday through Friday, 9:30-3:30 p.m. and Saturday, 1:00-4:00 p.m. Thank you for your support!

Gifts & Treasures Shop

Stop by the Gifts & Treasures Shop this month to see all of the Spring items that are filling up the shelves! The donations are continuing to flow in, and we have some beautiful merchandise available! For the month of March all home décor will be 50% off. Spring is the perfect time to refresh your home with something special! There will also be plenty of St. Patrick’s Day and Easter items for purchase. Get them early, so you don’t miss out! Don’t forget to watch for special thrift items on the Nook Shelf located outside of the Acorn Shop. The Gift & Treasures Shop hours are Monday through Friday, 1:00-3:00 pm and Saturday, 1:00-4:00 p.m.

PASTORAL CARE

I recently attended a meeting where the information below was shared with the group of pastors. In this season of Lent, pastors find themselves stretched to meet all the expectations of their congregations, as well as their own. Now and throughout the year, let us be mindful to think on these things to know about our pastors...

- 1. They love God and you a lot. (be mindful)
  - 2. They are painfully limited human beings. (be realistic)
  - 3. They probably have a pretty low view of their “performance.” (be kind)
  - 4. They wish they were a better preacher. (be awake)
  - 5. They really do want God’s best for you and your family. (be open-hearted)
  - 6. Their work knows no time or locational boundaries. (be patient)
  - 7. They hear much more negative information than positive. (be encouraging)
  - 8. They have chosen a vocation in which few remain. (be praying)
  - 9. They have chosen a highly leadership-intensive call. (be lead-able)
  - 10. They need help. (be available)
  - 11. Their God-given vision is bigger than themselves and the church. (be faith-filled)
  - 12. They want to personally meet all the needs, but know they can’t. (be understanding)
  - 13. They are going to say some dumb things every now and then. (be forgiving)
  - 14. They are greatly encouraged by your faithfulness. (be there)
  - 15. They are passionate for God’s word to be made practical to you. (be hungry)
  - 16. They long for church to be your spiritual oasis. (be loving)
  - 17. They dream for your and your family’s spiritual health. (be receptive)
  - 18. They need to hear that you pray for them. (be interceding)
  - 19. They are just regular people. (be real)
- (From Sundries, Fans of John Shelby Spong, FB)

Pastor Lynne Allebach