

DOCKET

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

Dr. Adam Millis, Optometrist
Health Drive 888-964-6681

Jennifer LeBlanc, Massage Therapist
484-680-2372 to make an appointment

COMMUNITY GARDEN

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. Please call or email any member of the Garden Committee for an application.

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.

Garden Committee	Phone number	Address	Email
Merlin Grieser	267 328 8592	752 Spring Lane	mmgrieser@gmail.com
Larry Godley	215 361 2665	549 Dock Drive	larrygodley@dwcnet.org
Noah Kolb	215 361 6884	527 Dock Drive	noahkolb@gmail.com
Agustin Rollins-Valdez	215 274 5958	2245 Dock Drive	

ALL APPLICATIONS MUST BE RECEIVED BY APRIL 1, 2025

DOCK WOODS

HEAR OUR VOICES: THE STRUGGLE FOR WOMEN'S RIGHTS
PRESENTED BY: SANDY KAUFMAN, M.Ed.
FRIDAY, MARCH 14 2:00 p.m. (DERSTINE CHAPEL)

You are invited to join Sandy Kaufman, wife of Herb Kaufman in the Derstine Chapel for the 2:00 p.m. presentation. The history of the Victorian era conventionally focuses solely on the creations and innovations of the 19th century. This is known as the "Victorian Age." The 64-year reign of Queen Victoria was a witness to extraordinary changes in culture and society, innovations and inventions, across the world. What was often ignored are the significant and important roles played by many women who stepped out of their traditional roles to assume leadership in gaining their right as citizens. Victorian women became a force in the abolition of slavery, the fight for better wages and financial independence, educational opportunities and the 42-year struggle for women's suffrage. Learn about the history of many of these selfless and heroic women whose roles in the fight for equality are often ignored and forgotten. A shuttle will pick-up at each entity at 1:20 p.m.

2025 TALENT SHOW - "TIMELESS TREASURES"
THURSDAY, MARCH 20
2:00 p.m. (FISHER AUDITORIUM)

Mark your calendars for the 2025 March Talent Show, "TIMELESS TREASURES." This talent show will have you travel through time. You will experience an afternoon of unforgettable talent with memories made, that will be remembered long after the show is over. The vocals, dance, skits, instrumentals, will reflect all the joy we will receive from our wonderful cast of participants and we will all treasure this timeless event together! For over 30 years and counting, Dock Woods has been enriching the lives of our residents at this popular event. There is time to contact your Life Enrichment Coordinator if you plan to share your timeless talent with us! A shuttle will pick-up at each entity beginning at 1:20 p.m. **DRESS REHEARSAL is on Wednesday, March 19 at 2:00 p.m. until 4:00 p.m.** Be sure to bring along your music and any props.

VAMM JAZZ BAND
WEDNESDAY, MARCH 26
7:00 p.m. (DERSTINE CHAPEL)

Mark your calendars! Wednesday, March 26 at 7:00 p.m. In the Derstine Chapel will be the VAMM jazz band's first appearance at Dock Woods. The jazz band is a component of the larger concert band, VAMM, the Veterans Association of Military Musicians who have performed for the last 15 years for the Veterans Day tribute to the residents who served in defense of our country. Each member has served in the military, many serving over twenty years. The jazz band will perform musical arrangements made famous by pioneers of the Jazz medium from the 1940's and beyond. Many of the original composers were Pennsylvania-born and led the jazz world through its evolution. If you know the names Count Basie, Bobby Troup, Jimmie Van Heusen, Antonio Carlos Jobim, Benny Golson, Hoagy Carmichael, and Johnny Mercer, you'll enjoy the performance. There will be a few selections made famous by Frank Sinatra. A shuttle will pick-up at each entity beginning at 6:20 p.m.



COMMUNITY EVENTS

MUSIC AND DRUMMING FOR FITNESS

TUESDAY, MARCH 4 & 18

10:00 a.m.

(OAKWOOD COURT 3RD FLOOR)

Bring a friend and join PC residents on the 3rd floor of Oakwood Court for an exciting 30 minutes of seated drumming set to fun and energetic music! The group will drum to songs by Bill Haley & His Comets, Neil Diamond, and more! Drumming to music is an excellent way to work out while having fun with your friends.

SEATED CHAIR VOLLEYBALL

TUESDAY, MARCH 4

2:00 p.m. (FA)

ASH WEDNESDAY SERVICE

WEDNESDAY, MARCH 5

2:00 p.m. (DERSTINE CHAPEL)

As we enter the Lenten season we invite you to "Journey Together in Love" as we follow Christ's path from the manger to the cross to the resurrection. While our Sunday morning worship services will help us along the way, there are two special services we hope you can join.

MAUNDY THURSDAY SERVICE

THURSDAY, APRIL 17

2:00 p.m. (DERSTINE CHAPEL)

PERKIOMEN TOURS 4-DAY TRIP PRESENTATION TO LAKE

GEORGE, NY

THURSDAY, MARCH 6

2:00 p.m. (FISHER AUDITORIUM)

Mark your calendar and come to the Fisher Auditorium on Thursday, March 6 at 2:00 p.m. to learn about the 4-day trip with Perkiomen Tours on September 16-

19, 2025 to Lake George, NY. Representative, Andrea Karom from Perkiomen Tours will be sharing with us the highlights of this tour which includes 4 days and 3 nights. On the tour we will depart for an unforgettable adventure to Lake George, NY. Throughout the tour you will enjoy the perfect combination of touring historical sights, gorgeous scenery, and cruising crystal clear waters. We will learn at this presentation the sights to be discovered, the lodging where we will stay, the price of the trip, and the dates when you may begin to register for the trip. Invite your family and friends to this presentation. Guests are welcomed! A shuttle will pick-up at each entity beginning at 1:20 p.m.

DOCK MENNONITE ACADEMY

ORCHESTRA & STRINGS

FRIDAY, MARCH 7

1:30 p.m. (DERSTINE CHAPEL)

You are invited to come and enjoy an early afternoon spring concert with artistic director Joy Yoo and Matthew Ramage from Dock Mennonite Academy featuring the orchestra/strings and band. These 20 talented musicians will be performing throughout the broader community and will have an early performance in the Derstine Chapel at 1:30 p.m. Invite your neighbors to take the shuttle and join you at this fun event! The shuttle will pick up at each entity beginning at 12:50 p.m.

RL MARCH BIRTHDAY CELEBRATION

WEDNESDAY, MARCH 12

2:00 p.m. (FISHER

AUDITORIUM)

ALL RL 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 by Tuesday, March 11 if you plan to attend and receive your birthday plant. This month we have the pleasure of Doug and Wendy McClure returning as our monthly entertainers. Be sure to mark your calendars! A shuttle will pick up at each entity beginning at 1:20 p.m.

CORNHOLE

FRIDAY, MARCH 13

2:00 p.m. (FISHER

AUDITORIUM)

MEN'S BREAKFAST

FRIDAY, MARCH 14

8:00 a.m. (FISHER AUDITORIUM)

This month the guest speaker for the Men's Breakfast is Ken Handrich, a resident of Dock Acres. Ken will be sharing about his life as an American Anabaptist follower of Jesus who took a road less travelled living in the cross cultural mix of Harrisonburg, VA and Germantown, PA. Hear stories about Ken's journey as a business owner, tax preparer, trucker, pastor, and builder. Learn how he became a part of, and empowered these communities. Be sure to make your reservations with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org

RESIDENT BIRTHDAYS AND UPDATES

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

RESIDENTIAL LIVING TRIPS

LANSDALE COMMUNITY CONCERT N.P.H.S. SATURDAY, MARCH 22 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 fifth concert of the season at 7:30 p.m. featuring Andy Cooney's Irish Celebration, a patron concert of Irish song, dance and comedy. The price of this trip is \$4.40 per person. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org The coach will pick up at each entity beginning at 6:00 p.m. Remember your ticket!

INDIAN VALLEY PUBLIC LIBRARY MOVIE: LITTLE WOMEN TUESDAY, MARCH 25 1:15 p.m. (TRIP)

The Living Branches coach will be transporting residents to the Indian Valley Public Library to enjoy the 2:00 p.m. movie, "LITTLE WOMEN." The movie is a 2019 American coming-of age period drama film written by American novelist Louisa May Alcott, originally published in two volumes, in 1868 and 1869. The story follows the lives of the four March sisters – Meg, Jo, Beth, and Amy – and details their passage from childhood to womanhood. Learn about love, life, and loss as they grow through their young womanhood against the backdrop of post-Civil War America. At the heart of the family learn about headstrong Jo who aspires, above all else, to forge her own path. The

price of this trip is \$3.50 per person for transportation. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org The coach will pick up at each entity beginning at 1:15 p.m.

RL DINE AROUND MOCCIA TRAIN STOP THURSDAY, MARCH 27 4:30 p.m. (TRIP)

The Living Branches coach will be traveling to Schwenksville, to enjoy dinner at 5:30 p.m. at Moccia Train Stop. You will be seated at tables of four and six and you will receive separate checks. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org The coach will pick up at each entity beginning at 4:30 p.m.

PERKIOMEN TOURS & TRAVEL – JIM THORPE, PA PENN'S PEAK FEATURING: "THE PATSY CLINE TRIBUTE SHOW" WEDNESDAY, MAY 7 9:15 a.m. (TRIP)

Perkiomen Tours & Travel will be traveling to Penn's Peak in Jim Thorpe to enjoy the family style lunch and show, "Tribute to Patsy Cline." Pick-up and departure is at the Fisher Auditorium entrance **ONLY**. Enjoy the memories of Patsy. This incredible tribute concert takes its audience on a trip back in time to the days when the amazing singer graced the stages of America. The songs are woven into the very fabric of American music and the voice is spectacular. Some of the great tunes you can expect to

hear are: Crazy, Walkin' After Midnight, I Fall to Pieces and many more. The price of this trip is \$94.00 per person which includes the chartered transportation, Family style lunch, tax, gratuity, (including the driver's gratuity) and the show. You will 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 Approximate return to Dock Woods is 5:00 p.m. Guests are welcome!

BOCCE

Bocce season is fast approaching and that means there is an opportunity for some Bocce fun! The registration is for your team to play against another team utilizing a round-robin format. Each team consists of two players (if you don't have a partner to play with, another player looking for a partner will be partnered with you). It is a great way to meet fellow residents and have some fun. Each match consists of two games. Your team, along with the opposing team, will determine when you play. Registering early allows us to start scheduling round-robin play. If you have any questions, need more info or wish to register, please contact Cliff Heizmann at 267-663-6771 or email cliffandcaroline@gmail.com. If you are unfamiliar with Bocce, call Cliff and he will make arrangements to familiarize you with the game.

COMMUNITY EVENTS

The price of the breakfast is \$8.50 per person plus tax. Ladies are welcome to hear the presentation at 8:30 a.m. Hope to see you there!

ST. PATRICK'S DAY PARTY MONDAY, MARCH 17 2:00 p.m. (FA)

You are invited to come celebrate the heritage and culture of the Irish through music with Bill Monaghan as we celebrate St. Patrick's Day on Monday, March 17 in the Fisher Auditorium at 2:00 p.m. Be sure to wear your GREEN and enjoy a shamrock shake and soft pretzel. Mark your calendar and let our springtime "SHENANIGANS" begin! A shuttle will pick up at each entity beginning at 1:20 p.m.

SEATED CHAIR VOLLEYBALL FRIDAY, MARCH 21 2:00 p.m. (FA)

JEFFERSON HEALTH OUTREACH MONDAY, MARCH 24 2:00 p.m. (DERSTINE CHAPEL)

Please join a member of the outreach team from Jefferson Health for this month's topic, "**March forward with your Nutrition.**" Learn ways to eat a healthy diet while sticking to your budget and enjoying the foods you love. We will discuss food access and food insecurity. Don't forget to mark your calendars! A shuttle will pick up beginning at 1:20 p.m.

WINE IN THE WOODS TUESDAY, MARCH 25 4:30 p.m. (CHRISTOPHER'S)

As we begin to celebrate Spring, wear your GREEN and join us in Christopher's for Wine in The

Woods at 4:30p.m. Just a reminder that this is a BYOB wine/social hour. Bring your own wine and take home your remaining wine after the social. Wine glasses will be available along with other beverages. Appetizers will be available for you to eat and enjoy Please make your reservations with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org

'CROON THAT TUNE'- DOO WOP & CROONERS FROM THE 30'S TO 60'S - MUSIC WITH SETH FRIDAY, MARCH 28 10:00-11:00 a.m. (CCLOBBY)

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 Cooners (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!!

AMICI OPERA COMPANY SUNDAY, MARCH 30 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. This month enjoy MASCAGNI'S, "I AMICO FRITZ", a fully staged opera in

costume. Residents of Living Branches receive free admission with their ID badge. There is a fee charged for guests at the sign-in table located in the Chapel porch hallway entrance.

"SPRING" SEATED CHAIR BINGO MONDAY, MARCH 31 2:00 p.m. (RR)

BINGO! BINGO! BINGO! Tell your friends and come enjoy "SPRING" seated chair bingo. Enjoy a variety of bingo games on a new bingo sheet per game. Don't forget to bring along a marker or pencil, and a book to place your bingo sheet on. Please make your reservation by calling Eileen Burks at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org

REPORTS

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: 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.

Auxiliary Rocker-Thon To Benefit Agape Fund

The Souderton Mennonite Homes Auxiliary will be hosting the annual Rocker-Thon on Friday, March 28. 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.

VOLUNTEERS

Do you know who makes up our Living Branches volunteer force? Our volunteers are made of people from all age groups and walks of life. They may be residents from one of our campuses, or students from a local high school or college. Some family members of our residents volunteer with us, others are members of the community looking to make a difference. The best way to spot one of our volunteers in action is to look for the white Living Branches name tag pinned to their shirt or sweater. One way that we recognize our dedicated volunteers is to give them a colored ribbon to honor their years of service with us. A different color ribbon for each five year increment of service will be attached to our most faithful volunteers' nametag. Our volunteers wear these with great pride, so the next time you see one, make sure to share your gratitude for their commitment to Living Branches!

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

THE ACORN SHOP

Spring has sprung in the Acorn Shop! "Bloom" into savings and enjoy 50% off on winter gloves, scarves, hats, and wraps. The Acorn Shop hours are Monday through Friday 9:30 a.m. to 3:30 p.m. and Saturday 1:00 to 4:00 p.m.

NOOK SHELF

Be sure to stop at the Nook Shelf outside of the Acorn Shop to see what awesome thrift items are on sale. Please pay for these items in the Acorn Shop. If the shop is closed you can pay for them at the Welcome Center; exact change or check made out to Dock Woods. Check the TV in the hallway and/or the binder on the Nook Shelf to see what furniture items we have available for sale.

REPORTS

DOCK'S GIFTS & TREASURES SHOP

Stop by the shop daily for something to brighten your day. We are offering 25% off on all KITCHEN items and GLASSWARE. Gift & Treasures Shop hours are Monday through Friday 1:00 to 3:00 p.m. and Saturday 1:00 to 4:00 p.m. Can't wait for you to discover the selections of items we have.

DID YOU KNOW?

Your purchases at our gift shop and thrift shop benefit the benevolent care ministry of Living Branches. The proceeds of the Acorn Shop and Gift and Treasures Shop goes directly to the Sharing Fund.

There is a donation box by the cash register in the Acorn Shop for the Sharing Fund. The Corner Store at Souderton Mennonite Homes has a similar box for the Agape Fund. This box has collected \$533.00 since September for benevolent care. Consider giving your extra change or donations to our donation box in the Acorn Shop!



DOCK STEWARDS

Help us to recycle the correct types of plastic bags in our plastic bag collection box in the Coat Room. All bags must be CLEAN, DRY, and FREE OF FOOD RESIDUE. If the bag stretches like a grocery bag, it can be recycled in the box. If it tears like paper, doesn't stretch or makes a crinkly/crunchy sound like a chip bag, please throw it away. Frozen food bags and candy bar wrappers are unacceptable. More info: NextTrex.com

LIVING U UPDATE

Living U spring courses begin this month on an interesting variety of topics. We will enjoy classes on foraging for mushrooms (3/4), native American jewelry (3/5), Peace Valley stories (3/6), ancient Christian questions (3/11 and 3/12), photography and stories from a trip to Yellowstone NP (3/13), the Mennonite communal background of our Living Branches community (3/17), Green Lane Reservoir history (3/18), American journalism (3/25 and 4/1 and 4/8), and stories of American presidents' retirements (3/27 and 4/3 and 4/10). For more information, please contact Maribeth Benner, Living U Coordinator, at 215-368-4438 extension 44204.

PASTORAL CARE

When we are at home, in our rooms, we are still "in the world." No matter where we are, our surroundings remind us of our earthly home, with its trappings of materialism and brokenness. When Jesus first sends His followers into the world with the message of the Kingdom of Heaven, instructing them to heal, to raise the dead, and to cast out demons, Jesus also pointedly warns them to "be as shrewd as snakes and harmless as doves." (Matthew 10:16) In other words, Jesus says, "be wise as serpents and innocent as doves." He wants them to be perceptive and discerning as they go about their mission, so that they can navigate conflict and danger while upholding what is good and true, so their message is not distorted.

Sometimes, that's a tall order! What was true then is still true today. Our villages, cities, and communities are mixed with a wonderful variety of people and experiences. Still, among them are people, systems and attitudes that can harm us, deceive us, betray us, or corrupt us. Jesus compares His followers to "sheep among wolves," suggesting that they may be outnumbered by those who would refuse them and their message of Good News.

Jesus says this not to discourage us, but to encourage us to be aware and ready. Be ready to give testimony – God will give you the right words at the right time – but also know when to move on, if necessary. As people of faith and people with minds and hearts oriented to God, we should be aware of what and who is around us and test every message against the truth. And so, we exercise our agency in making good choices, statements and actions, *and* we exercise our faith in God, knowing God is in control and moving in ways beyond our understanding. May you go into this world without fear, but with great joy in the One who gives us life and wisdom.