

Dock Woods Dining Charges Effective July 1, 2025

Service	Price
Standard Meal Price in Christopher's	
Resident on a dining plan (DA, VL, DG, OC, DT)	\$ 19.75
Resident not on dining plan (DA, VL, DM)	\$ 19.75 plus tax
Guest	\$ 23.75 plus tax
Child (4-12)	\$ 11.00 plus tax
Sunday Brunch and Holidays	
Resident on a dining plan (DG, OC, DT)	\$ 19.75
Resident on an optional dining plan (DA, VL)	\$ 21.75
Resident not on a dining plan (DA, VL, DM)	\$ 21.75 plus tax
Guest	\$ 24.75 plus tax
Child (4-12)	\$ 11.00 plus tax
Charges for residents not on dining plan and guests are subject to tax.	
Please Note: Charges for banquets may vary, depending on menu and entertainment.	

Dock Woods Phone and Cable Service Charges Effective July 1, 2025

Service		Price
Cable TV (per month)	Basic Plan	No charge
	Standard Plan	\$ 44.00
DVR (per month)		\$ 16.00
Telephone Hookup Fee (solitary charge)		\$ 30.00
Telephone Services (per month)		\$ 25.00
Wireless Internet (per month)		\$ 37.00
Wireless Internet – higher speed (per month)		\$ 52.00

MONTGOMERY COUNTY CONCERT BAND
TUESDAY, JULY 1
7:00 p.m. (DERSTINE CHAPEL)

Wear your RED, WHITE, and BLUE and come and enjoy the 7:00 p.m. concert in the Derstine Chapel with the Montgomery County Concert Band. In 1995 the MCCB was founded by Stephen Frederick and Paul Ferla. Since its beginning, the band has presented hundreds of concerts and is currently directed by conductor Charles H. Neidhardt. Band members come from a variety of professions and backgrounds, and will be performing standards, contemporary literature for bands, marches and patriotic medleys. A shuttle will pick up at each entity beginning at 6:20 p.m. A **DONATION** will be collected following the concert. HAPPY 4TH OF JULY!

INTRODUCING SHADY HOLLOW FARM STAND
FRIDAY, JULY 11, 18, 25
11:00 a.m. until 2:00 p.m. (BISTRO LOBBY)

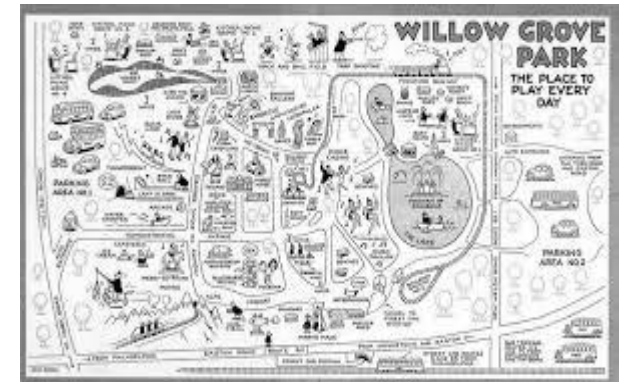
NEW! This summer at Dock Woods is the SHADY HOLLOW FARM STAND with Elinor (Ellie) Spring. Every Friday, beginning on July 11th, Elinor will be providing fresh produce to the residents and staff at Dock Woods at 11:00 a.m. until 2:00 p.m. Shady Hollow Farm has been providing an abundance of delicious produce and beautiful flowers to the Gilbertsville/Pottstown community for over 30 years. In 2024, they began a weekly pop-up produce stand at another community, and are delighted to start a pop-up stand with us. Their weekly produce offerings vary depending on what is seasonally available. Sweet corn, ripe tomatoes, and peaches are their specialty; accompanied by peppers, cucumbers, squash, onions, blueberries, beans, cantaloupe, watermelon, and much more! Shady Hollow accepts, **cash, check or Venmo**. They are looking forward to serving our community! Mark your calendars!

ICE CREAM NOVELTY PATIO PARTY
FRIDAY, JULY 18
2:00 p.m. (BISTRO PATIO)

Did you know that President Ronald Reagan started National Ice Cream Day? This year National Ice Cream Day is celebrated on Sunday, July 20th! To celebrate this occasion, we will be having an Ice Cream Novelty Patio Party on the Bistro Patio Friday, July 18 at 2:00 p.m. We have invited Bill Monaghan and guests to entertain us with their wide repertoire of vocals and music that you will be sure to sing along to. Bring along your folding chairs, wear your hats and sunglasses and come and enjoy this afternoon event. A shuttle will pick up at each entity beginning at 1:20 p.m.

**HISTORY OF WILLOW GROVE PARK
PART II PRESENTED BY RICHARD
KARSCHNER
THURSDAY, JULY 17
2:00 p.m. (DERSTINE CHAPEL)**

Join Richard Karschner in the Derstine Chapel at 2:00 p.m. on Thursday, July 17 as he presents PART II of the HISTORY of WILLOW GROVE PARK. This remarkable power point presentation will be a continuation of historical Willow Grove, memories of the music of Philip Sousa and Victor Herbert, additional cultural amusements, and collections for you to view and recall those wonderful memories. A shuttle will pick up at each entity beginning at 1:20 p.m.



COMMUNITY EVENTS

SEATED CHAIR VOLLEYBALL
TUESDAY, JULY 1
2:00 p.m. (FA)

CORNHOLE
MONDAY, JULY 7
2:00 p.m. (FA)

RL QUARTERLY MEETING
TUESDAY, JULY 8
2:00 p.m. (DERSTINE CHAPEL)

The RL Quarterly Meeting will be held in the Derstine Chapel on July 8 at 2:00 p.m. The meeting will also be recorded and re-broadcasted later that week. An agenda will be distributed prior to the meeting. If you have an agenda item, please contact Deborah Bell at 215-368-4438 extension 44110. A shuttle will pick up at each entity beginning at 1:20 p.m.

RL JULY BIRTHDAY
CELEBRATION
WEDNESDAY, JULY 9
2:00 p.m. (FA)

ALL residential living residents are invited to attend the monthly birthday celebration. If you are a July birthday celebrant, please call or email Eileen Burks at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org by Tuesday, July 8 if you plan to attend and receive your birthday plant. This month we have invited vocalist John Bauer as our birthday entertainment. A shuttle will pick up at each entity beginning at 1:20 p.m.

SHADY HOLLOW FARM STAND
FRIDAYS, JULY 11, 18, 25
11:00 a.m. to 2:00 p.m. (BISTRO LOBBY)

Remember to mark your calendars! Additional information

may be found on the Docket front cover.

***THERE IS NO MEN’S
BREAKFAST THIS MONTH***

MUSIC WITH SETH
“SUMMERTIME IN THE USA”
FRIDAY, JULY 11
2:00 p.m. (BISTRO PATIO)

Summer is here, so come share the joy of music-making with Seth and your neighbors!! Please join me as we come together to sing and play some of the greatest patriotic songs, as well as songs about the many joys of summertime. We will also have time for requests to be taken from our “musical menu” of genres, so come ready to pick your favorite style of song to sing and play along. All are welcome to join in. No musical experience or skills required!! **In addition to this program, EVERYONE is also welcome to join Seth for music in Oakwood Court:** Monday, July 7, 2:00 p.m. - Oakwood Court, 1st Floor Great Room

LADIES BREAKFAST
TUESDAY, JULY 15
8:30 a.m. (FA)

This month the Ladies Breakfast Committee invited Tracey Reed, Director of Indian Valley Public Library, as our guest speaker. Tracey has over 30 years’ experience in libraries around the country. She started her career in 1991 at the Abington Township Public Library, moved to Seattle, Florida, and back to the greater Philadelphia area. She started as Montgomery County District Consultant Librarian in June 2021, and in 2024 began as the Director of the Indian Valley Public Library.

RESIDENT BIRTHDAYS AND UPDATES

Tracey is a member of the Pennsylvania Library Association, the American Library Association, and the Public Library Association. She is very passionate about equality of access to resources and the importance of public libraries in creating and sustaining vibrant and engaged communities. Come and learn about the resources and events available and planned at the Indian Valley Public Library. The price of the breakfast is \$8.95 per person plus tax. Please make your reservation with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org Men are welcome to hear the presentation at 9:00 a.m. A shuttle will pick up at each entity beginning at 7:50 a.m.

MUSIC & DRUMMING FOR
FITNESS
TUESDAY, JULY 15 & 29
10:00 a.m. (OC3)

You are invited to join the Personal Care residents on the third floor of Oakwood Court for a fun 30 minutes of seated drumming set to energetic music! The group will drum to popular summer songs. This is an excellent way to work out while having fun with your friends.

LIVING U KICK-OFF
WEDNESDAY, JULY 16
1:30 p.m. (FA)

See page 4

JEFFERSON HEALTH OUTREACH
MONDAY, JULY 21
2:00 p.m. (DERSTINE CHAPEL)

Please join a member from the outreach team from Jefferson Health for this month’s topic,

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

RESIDENTIAL LIVING TRIPS

LEHIGH VALLEY IRON PIGS
BASEBALL GAME
THURSDAY, JULY 3
5:00 p.m. (TRIP)

The Living Branches coach will be transporting residents with reservations to Allentown to enjoy the 7:05 p.m. baseball game with the Lehigh Valley Iron Pigs vs. the Scranton Rail Riders (A Yankee affiliate). Upon arrival, there is time to purchase food and beverage. (NO CASH – credit cards only). After the game there will be a spectacular fireworks display, just in time for the 4th of July! The coach will pick up at each entity beginning at 5:00 p.m.

RL DINE AROUND
THE METROPOLITAN
WEDNESDAY, JULY 23
4:00 p.m. (TRIP)

The Living Branches coach will be traveling to Montgomeryville, to enjoy dinner the 5:30 p.m. reservation at The Metropolitan. You will be seated at tables of 4 and 6; 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 4:00 p.m. Invite your neighbor to join you!

DUTCH APPLE DINNER THEATRE
“WIZARD OF OZ”
THURSDAY, JULY 24
9:00 a.m. (TRIP)

The Living Branches coach will be transporting residents with reservations to Lancaster, PA to enjoy the afternoon buffet and show of “The Wizard OF OZ” at the Dutch Apple Dinner Theatre. There are seats available for this timeless tale about Dorothy, a farm girl from Kansas, who travels over the

rainbow to the magical land of OZ. The price of this trip is \$87.30 per person for the hot buffet, show, and transportation. Sign -up NOW to make this show possible! The coach will pick up at each entity beginning at 9:00 am. Approximate return to Dock Woods is 6:00 p.m.

INDIAN VALLEY PUBLIC LIBRARY
MOVIE: “THE POST”
TUESDAY, JULY 29
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 starring Meryl Streep and Tom Hanks. This 2017 American political thriller film portrays the original role that *The New York Times* had in breaking the *Pentagon Papers* and emphasizes *The Washington Post’s* subsequent involvement. Set in 1971, *The Post* depicts the true story of attempts by journalists at *The Washington Post* to publish the infamous *Pentagon Papers*. The price of this trip is \$3.50 per person for transportation. Sign up with Eileen Burns 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.

HUNTERDON HILLS PLAYHOUSE
“CLUE THE MUSICAL”
THURSDAY, AUGUST 7
9:00 a.m. (TRIP)

The Living Branches coach will be traveling to Hampton, NJ to enjoy the hot served lunch and afternoon show, “Clue the Musical.” The internationally popular game is now a fun-filled musical that brings the world’s best-known suspects to life and invites the audience to help to solve the mystery: who killed Mr. Boddy, in what room, and with what

weapon? Comic antics, witty lyrics, and a beguiling score carry the investigation from room to room. The price of this trip which includes the served lunch, show and transportation is \$99.05 per person, to be billed on your statement following the trip. Sign up by calling or emailing Eileen Burks at 215 368-4438, extension 44121, or eileen.burks@livingbranches.org The coach will begin to pick up at each entity beginning at 9:00 a.m.

PERKIOMEN TOURS & TRAVEL –
CHESAPEAKE CITY, MARYLAND-
SCHAFERS CANAL HOUSE
WEDNESDAY, AUGUST 20
9:00 a.m. (TRIP)

Residents and guests will board at 9:00 a.m. at Fisher Auditorium ONLY. We will be traveling to Chesapeake City, MD to enjoy a 11:30 a.m. seafood buffet at Schafers Canal House. Enjoy the breath taking views of the C & D Canal and the buffet, comprised of a variety of scrumptious seafood dishes. The price of this trip is \$148.00 which includes motorcoach transportation, lunch, tax and gratuity for lunch, show, and Perkiomen driver gratuity. You will be billed on your statement after the trip. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org Approximate return to Dock Woods is 5:00 p.m. Guests are welcome to join us on this fun summer day trip!

COMMUNITY EVENTS CONTINUED

“Immunizations Update.” Come and gain an understanding of the various immunizations and the Center for Disease Control’s current recommendations! A shuttle will pick up at each entity beginning at 1:20 p.m.

SEATED CHAIR VOLLEYBALL
TUESDAY, JULY, 29
2:00 p.m. (FA)

WINE IN THE WOODS
TUESDAY, JULY 29
4:30 p.m. (BISTRO PATIO)

This month wear your BEACH attire for Wine In The Woods. We plan to be outside on the Bistro Patio, weather permitting. Just a reminder that this is a BYOB wine/social hour. Bring your own wine and take home your remaining wine after the social. Plastic glasses will be available for you along with other beverages. Appetizers will be available for you to enjoy! Please make your reservations with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org In the event of extreme heat or rain we will move inside to Christopher’s!

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. Premier Medical 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 Thursdays 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

REPORTS

FUND DEVELOPMENT

Online Donations Gladly Accepted!

A summer reminder! Living Branches Foundation continues to accept donations online at livingbranches.org/donate. The Foundation's primary goal is to provide funding for the benevolent care ministry which enables us to care for all residents, including those who have been wise stewards of their money but have outlived their resources. We appreciate your continued support.

Support our Business Partners!

For many years Living Branches has been blessed by the donations from a very committed group of business sponsors that we call our Benevolent Care Partners. These firms make annual gifts of \$1,500 to \$18,000 to support our benevolent care ministry at all three Living Branches campuses. The following businesses have been faithful sponsors:

Event Level: Bergey's Inc.

Platinum Level: Everence Financial Services, Henning's Market, Integrated Security Systems, R.E. Morrison Contracting, Univest Financial Corporation

Gold Level: Alderfer Glass Company, Lacher Insurance

Silver Level: Benchmark Construction, Bergey's Electric, Clarke's Landscaping & Lawn Care, Good Plumbing, Heating & Air Conditioning, IT Landes, Perkiomen Tours, Thomas & Boyds, Williams-Bergey-Koffel Funeral Home.

Bronze Level: AIA Alera Group, Baker Tilly US, C & S Lawn Landscaping, Delcrest Medical Services, DunlapSLK, Franconia Insurance & Financial Services, Harleysville Bank, Indian Valley Camping Center, John Garis Homes, Latsha Davis & Marshall, R.J.L. Services, Select Rehabilitation Services, The Weimer Group, Weaver, Reckner & Reinhart Associates.

If you do business with them or know them personally, let them know you appreciate their support of the Living Branches Benevolent Care Fund.

Do you know of a business that might be willing to support our benevolent care ministry? If you or a family member own or are connected to a local business that you think might be interested, please talk to Colin Ingram or Rose Hackman.

The Acorn Shop

Stop by the Acorn Shop each week for more items on sale. Beach items are 25% off. Good news---Zook's small frozen chicken, beef and sausage pies are back in stock!!! Gift certificates for any amount are available at the shop as well. 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.

The Gift & Treasures Shop

Stop by daily to see our new items! Please, do not hesitate to check this out!! All electric items 25% off. The residents with birthdays this month (July) will get 50% off per one item, (furniture not included). Gift and Treasure Shop hours are Monday through Friday, 1:00 to 3:00 p.m. and Saturday 1:00 to 4:00 p.m.

Nook

Be sure to stop at the Nook Shelf located 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 Acorn Shop is closed, you may pay with exact change or check made out to Dock Woods and hand in the payment at the Welcome Center. Check the TV in the hallway and/or the binder on the Nook Shelf to see what furniture items we have available for sale.



LIVING U

The Living

Branches lifelong learning institute, will start this month with a kickoff presentation and registrations. Course brochures arrived in your mailboxes in June and extra copies are available at the front desk. Please see your Living U course brochure for information about the kickoff and the opening of registrations. The kickoff will take place on Wednesday, July 16 at 1:30 p.m. in the Fisher Auditorium. Please call Maribeth Benner, Living U Coordinator, at extension. 44204 for more information or to request a shuttle ride.

REPORTS CONTINUED....



DOCK STEWARDS

Shoppers in the United States use almost one plastic bag per resident per day. That's about **100 BILLION** a year. A single plastic bag takes over **1,000 YEARS TO DEGRADE**. Bring your own reuseable bags on shopping trips. A reuseable bag can be used over and over again, can be washed to keep it clean and can cut back on the use of plastic bags. Contact a Dock Stewards Committee member for a Living Branches reuseable shopping bag.

VOLUNTEERS

Are you looking for ways to get outside and enjoy the warmer weather? Do you appreciate the beautiful flowers and plantings around the Dock Woods campus? Consider joining the Dock Woods Signage Gardens committee and help our staff care for the many flower beds in our community. Duties include deadheading spent flowers, weeding and watering. No experience necessary! You can sign up to care for one flower bed or more than one if you desire. It's up to you! It is a great way to stay active and spend time outdoors during the warmer months! If this sound like something that would interest you, please contact Jennifer Wilson at 215-368-4438, ext. 44189 or jennifer.wilson@livingbranches.org for more information.

SARA SPOTLIGHT

How does SARA work?

A wireless network of repeaters have been installed in order to cover the entire campus. Locations called mapped points are identified throughout the entire campus. Each resident has an assigned SARA Alert device. When a resident presses their SARA device, the wireless signal is sent through the repeater network. The SARA server will notify the responder with the following information, the residents name, home address and the nearest mapped points to their location.

Reminders: 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

-SARA is not a replacement for 911, a GPS system or a system that will work off campus

PASTORAL CARE

July is the month when we celebrate America's freedom from the tyranny of the king of England. This freedom was not easily won, families were split between Tories and Patriots, many lives were lost. Once that freedom was won, the infant nation struggled to figure out how to govern itself. While the Declaration of Independence gave reasons for freedom, the Constitution outlined just what American freedom would look like. It has been a document that has changed with the times and will continue to change over time.

As Christians we have a different kind of freedom – freedom from the wages of sin. This freedom, unlike the human freedom fought for in the Revolution, is never changing. This freedom also came with loss of life, the life of Jesus Christ. Through His death and resurrection, we have a freedom that no one can take away from us. We have a freedom based on truth, not human opinion. Jesus himself said:

³¹ To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. ³² Then you will know the truth, and the truth will set you free." John 8:31-32

While we are blessed to live in a democratic society, we look forward to the coming Kingdom of God when the freedom Jesus offered comes to its full fruition.

Pastor Lynne Allebach