

RESIDENTIAL LIVING TRIPS/INFO CONTINUED...

DUTCH APPLE DINNER THEATRE
"HOLLY JOLLY HOLIDAY"
THURSDAY, DECEMBER 3
9:00 a.m. (TRIP)

The Living Branches coach will be traveling to Lancaster, PA to enjoy the hot buffet and afternoon show, *Holly Jolly Holiday*. Come immerse yourself in the spirit of the season with this original holiday musical extravaganza sure to make you merry. The halls are decked with holly, so let the holly festivities begin with lively dancing and singing to the yuletide tunes you love and know – along with a visit from Old St. Nick himself! The price of this trip is \$90.30 per person for transportation, hot buffet, and afternoon show. 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 9:00 a.m. Approximate return home to Dock Woods is 6:00 p.m. Guests are welcome!

HUNTERDON HILLS PLAYHOUSE
"A PLAYHOUSE CHRISTMAS 2026"
THURSDAY, DECEMBER 17
9:00 a.m. (TRIP)

The Living Branches coach will be traveling to Hampton, N.J. to enjoy the hot served lunch and afternoon show, *A Playhouse Christmas 2026*. To cap the 50th Anniversary Season, the newest holiday show will be a true collection of everything you've loved through the years! Come join a season of timeless music, breathtaking dance numbers, heartfelt comedy, dazzling costumes and holiday cheer – all backed by the renowned Hunterdon Hills Playhouse Orchestra! The price of this trip includes lunch served, show and transportation is \$102.50 per person. Sign up by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org The coach will pick up at each entity beginning at 9:00 am. Approximate return home to Dock Woods is 5:15 p.m. Guests are welcome!

LIVING U FALL SEMESTER

Living U, our lifelong learning institute fall semester begins this month, with these classes: "Landscaping in Small Spaces" (9/9), "Symphony Orchestra Greatest Hits" (9/14), "The Final Four Years of the Civil War: 1862 to 1865" (9/15, 9/22, and 9/29), "Bitcoin and Cryptocurrency: What It Is, Why It Exists, and How It Works" (9/16), "Celestial Timekeeping" (9/25), "Medical and Psychiatric Perspectives on Abraham Lincoln and Mary Todd Lincoln" (9/28). For more information or to register, please contact the Living U Coordinator at 215-368-4438 extension 44204.

DOCK STEWARDS

We do not inherit the Earth from our ancestors; we borrow it from our children. (Native American Proverb)
REDUCE – REUSE – RECYCLE

BADGE ACCESS REMINDER:

Please remember to bring your ID badge; it is required to enter the building. You will also notice the following symbol on the RL Life Enrichment Calendar and the Docket. This symbol indicates that an ID badge is required to access the building for that event. Door opening requests are limited for security purposes, thereby leaving the doors locked.

DOCKET

DOCK WOODS

SUSTAINABLE SWAPS FOR EVERDAY LIVING
W/DEVI RAMKISSOON
THURSDAY, SEPTEMBER 10
2:00 p.m. (DERSTINE CHAPEL) 

Please join Devi Ramkissoon, Chief Sustainability Officer, Montgomery County Commissioners' Office in the Derstine Chapel at 2:00 p.m. Devi will describe easy and approachable ways that we can live more sustainably every day. Sustainable living means adopting daily habits that reduce your use of Earth's natural resources, by lowering your carbon footprint, and protecting the environment for future generations. Devi will also share an overview of her work as she oversees sustainability in Montgomery County. A shuttle will pick up at each entity beginning at 1:20 p.m.

SUBURBAN DOG TRAINING CLUB
FRIDAY, SEPTEMBER 18
2:00 p.m. (FISHER AUDITORIUM)

We have invited the Suburban Dog Training Club, a nonprofit organization from Eastern Montgomery County, to join us in the Fisher Auditorium at 2:00 p.m. for an afternoon demo featuring their well-trained dogs and happy owners. Suburban Dog Training Club offers a variety of special classes and events to both members and non-members. Some of these special classes include agility, attention, heeling, and retrieving. Come watch different breeds of dogs share their special talents. A shuttle will pick up at each entity beginning at 1:20 p.m.

CARDINAL DOUGHERTY ALUMNI BAND
WEDNESDAY, SEPTEMBER 30
7:00 p.m. (DERSTINE CHAPEL) 

You are invited to come and enjoy an evening concert at 7:00 p.m. in the Derstine Chapel with the Cardinal Dougherty Alumni Band. The CD Alumni Band is a not-for-profit organization founded in 1991 at the 25th reunion celebrating the high school band winning the World Music Competition in Kerkrade, Holland in the summer of 1966. They have continued as a band since then performing in many local parades and concert venues. The entire 35-member band raises money via direct donations. The performance fees are used to fund scholarships in the high school music department at Archbishop Ryan since the closing of Cardinal Dougherty in 2010. Following the concert a DONATION will be received. A shuttle will pick up at each entity beginning at 6:20 p.m.

BEE PRESENTATION: THE BUZZ ABOUT HONEYBEES WITH GINA AND RICK ROTHENBERGER 
FRIDAY, SEPTEMBER 25
2:00 p.m. (DERSTINE CHAPEL)

Join Gina and Rick Rothenberger of Roth Flower Farm for an engaging and educational presentation about the fascinating world of honeybees in the Derstine Chapel at 2:00 p.m. Learn how a hive functions, the important roles of the queen, workers, and drones, how bees make honey, and why pollinators are essential to our gardens and food supply. Gina will also share her family's beekeeping journey and bring an observation hive (weather and bee availability permitting) for a safe, up-close look at a working colony. Roth Farm is a family-owned hobby flower farm and apiary in Harleysville, that specializes in locally grown specialty cut flowers and raw local honey. Gina and Rick are dedicated to growing specialty cut flowers, caring for honeybees, and educating the community about the essential role pollinators play in our environment. A shuttle will pick up at each entity beginning at 1:20 p.m.



COMMUNITY EVENTS

DANCE WITH VICTORIA
THURSDAY, SEPTEMBER 3, 17, &
24
9:00 a.m. (RR) 

Come enjoy Dance with Victoria at 9:00 a.m. in the Recreation Room. Enjoy this hour of dance movement and fun together! Each class explores a variety of dance styles, with both seated or standing options. Everyone who joins can participate at their own comfort level. Mark your calendar!

AARP SMART DRIVER COURSE
THURSDAY, SEPTEMBER 3
12:00-4:00 p.m. (DW
EDUCATION CENTER) 

AARP Instructor Judy Pfander will be teaching the 4-hour AARP Smart Driver Course in the Education Center for those who have made reservations. For AARP members the price is \$20.00 per person, and for non-members \$25.00 per person. Please make your check made payable to AARP and give your check to Eileen Burks before the class. Remember to bring along your AARP membership card, pencil, and your driver’s license to the class.

SHADY HOLLOW FARM STAND
FRIDAY, SEPTEMBER 4
11:30 a.m. – 2:00 p.m.
(BISTRO LOBBY)

Shady Hollow Farm Stand will be set up in the Bistro Lobby for the end of the season produce sales. Shady Hollow accepts cash, check, or Venmo. Be sure to mark your calendar and enjoy shopping for a variety of fresh produce. See you there!

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

ALL Residential Living residents are invited to attend the monthly birthday celebration. If you are a September birthday celebrant, please call or email Eileen Burks at 215-368-4438, extension 44121, or email Eileen.burks@livingbranches.org by Tuesday, September 8, if you plan to receive your birthday plant. This month vocalist/pianist Bill Monaghan will be back for a return performance. A shuttle will pick up at each entity beginning at 1:20 p.m.

MEN’S BREAKFAST
FRIDAY, SEPTEMBER 11
8:00 a.m. (FA) 

This month we have invited **Will Bergey**, resident of Dock Woods as our guest speaker. Will will be sharing, “A walk in history from the humble origins of the family business know as Bergey’s Electric.” He will share the history over eight decades. Please make your reservations with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org The price of the breakfast is \$10.50 plus tax. Ladies are invited to attend the 8:30 a.m. presentation.

SONGS WITH SETH
FRIDAY, SEPTEMBER 11
2:00 p.m. (BISTRO PATIO)

*American Bandstand Remembered-
Pop Hits of the 50s-70s*

Drop a nickel in the jukebox and get ready to cut a rug! Come and join us on a musical journey though the Golden Era of Pop, as we play

hits that have just gotten better with the passing years. We’ll be jamming to hits by The Beatles, The Beach Boys, Neil Diamond, Van Morrison, Elvis, Chubby Checker, Bobby Daren, The Everly Brothers, and more! 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 play. All are welcome to join. No musical experience or skills required**In the event of inclement weather, we will move inside to the Bistro Lobby**

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

This month’s guest speaker is **Meg Currie Teoh**, Director of Volunteer & Community Engagement at Manna on Main Street. Manna on Main Street is dedicated to ending hunger in the North Penn region by providing food, meeting social service and educational needs, and engaging the community through outreach programs. Meg will share about her role at Manna and answer some of the most frequently asked questions about the volunteer experience. She will also discuss Manna’s vision: “**That everyone might be fed.**” We invite you to bring a canned good or nonperishable food item to donate to Manna’s food pantry. Join us to learn how Manna on Main Street welcomes both people in need and those who want to serve, working together to improve the health and well-being of our community. Breakfast is **\$10.50 per person, plus tax**. Please make your reservation with Eileen Burks by calling **215-368-4438, ext. 44121**, or by emailing Eileen.Burks@livingbranches.org. Men are welcome to attend the

RESIDENT BIRTHDAYS AND UPDATES

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

RESIDENTIAL LIVING TRIPS

DUTCH APPLE DINNER THEATRE “PRETTY WOMAN” THE MUSICAL FRIDAY, SEPTEMBER 11 9:00 a.m. (TRIP)

The Living Branches coach will be traveling to Lancaster to enjoy the hot buffet and afternoon show, “PRETTY WOMAN” THE MUSICAL. If you love the movie, you’ll love the musical! This modern Cinderella tale follows a businessman who hires an escort to spend the weekend with him. As the weekend unfolds, the two embark on an unexpected journey of self-discovery and find true love along the way. The price of this trip is \$90.30 per person for the transportation, hot buffet, and afternoon show. 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 9:00 a.m. Approximate return home to Dock Woods is 6:00 p.m. Guests are welcome!

LANSDALE COMMUNITY CONCERT CALVARY CHURCH FRIDAY, SEPTEMBER 11 6:00 p.m. (TRIP)

The Living Branches coach will be transporting residents with season membership to Calvary Church in Souderton to enjoy the first concert of the season at 7:30 p.m., featuring **THE NEW YORK TENORS, Commemorating 911**. The price of this trip for transportation is \$5.00 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!

RL DINE AROUND-THE METROPOLITAN THURSDAY, SEPTEMBER 24 4:00 p.m. (TRIP)

The Living Branches coach will be traveling to Montgomeryville to enjoy dinner at 5:30 p.m. at The Metropolitan. You will be seated at tables of 4 and 6, order off the menu and 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.

INDIAN VALLEY PUBLIC LIBRARY MOVIE: “WOODLAWN” TUESDAY, SEPTEMBER 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, *Woodlawn*. This 2015 American Christian sports drama is based on a true story starring Caleb Costello as Nathan and Nic Bishop as Coach Gerelds. This film is about Miami Dolphins superstar running back Tony Nathan who attended Woodlawn High School in Birmingham, Alabama during the 1970s. Nathan became a model student who played on a mainly white team at a time when racial tensions were very high. He was credited with helping to unify the team, which went on to play the biggest high school game in the biggest high school in Alabama history. He went on to play at the University of Alabama and with the Miami Dolphins as a starter in two Super Bowls. The price of this trip is \$3.50 per person for transportation. Sign up with Eileen Burks by calling or

emailing her at 215-368-438, extension, 44121, or Eileen.burks@livingbranches.org. The coach will pick up at each entity beginning at 1:15 p.m.

PERKIOMEN TOURS & TRAVEL BAPS SWAMINARAYAN AKSHARDHAM (HINDU TEMPLE) MONDAY, OCTOBER 12 10:00 a.m. (TRIP)

You are invited to sign up for Perkiomen Tours & Travel to BAPS Swaminarayan Akshardham in Robbinsville, N.J. to tour the largest Hindu temple in the Western Hemisphere, and the second – largest in the world. BAPS, is a global socio-spiritual Hindu organization rooted in Vedic teachings, dedicated to community service, spiritual growth, and the preservation of Hindu culture. At 11:30 a.m. we will enjoy an included lunch at Georgines Restaurant. Please select your menu choices of A.) Prime Rib Au Jus, B.) Grilled Norwegian Salmon, C.) Chicken Parmesan, or D.) Stuffed Chicken Capon. From 2:00 to 5:00 p.m. we will have a guided tour and free time to explore. *Please note there is a dress code of NO sleeveless or low-cut tops, NO shorts, skirts or dresses above the knee length, NO clothing that reveals the shoulders, chest, back, or knees, and NO clothing containing offensive language or imagery.* Approximate return to Dock Woods is 6:30 p.m. The price of the trip is \$95.00 per person which includes the motor coach transportation, lunch, tour, and all gratuities. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org. Guests are welcome!

presentation beginning at 9:00 a.m. Shuttle service will be available, with pick-ups at each entity beginning at 7:50 a.m.

“GARDENING 101” W/ SHANITA FIELDS THURSDAY, SEPTEMBER 17 2:00 p.m. (DERSTINE CHAPEL)



You are invited to join Shanita Fields, Community Health Educator, Department of Health and Human Services from Montgomery County, in the Derstine Chapel at 2:00 p.m. Shanita will be presenting “Gardening 101” for beginner gardeners, or those who have always wanted to grow their own produce. At this lecture you will learn about the basics of planting and maintaining vegetables and herbs. A shuttle will pick up at each entity beginning at 1:20 p.m.

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



Please join Susan Smith, a member of the outreach team from Jefferson Health for this month’s topic, “Addressing Incontinence.” Learn about innovative technologies and devices to assist in preventing and managing incontinence. A shuttle will pick up at each entity beginning at 1:20 p.m.

FRIENDSHIP & FUN HOUR TUESDAY, SEPTEMBER 22 2:00 p.m. (FA)



This month as “Back to School” begins, we will have a table competition, Spelling Bee! Words

will be announced to be spelled and the table with the highest score will become the Spelling Bee Winners! Come and test your gift of spelling and enjoy the monthly refreshments as we enjoy this special hour together. A shuttle will pick up at each entity beginning at 1:20 p.m.

DOCK WOODS CHOIR REHEARSAL FRIDAY, SEPTEMBER 25 10:00 a.m. (DERSTINE CHAPEL)



Calling all choir singers! Join us on Friday, September 25 at 10:00 a.m. in the Chapel for our first rehearsal as we begin to prepare for the Christmas concerts. New singers in all voice parts are welcome. Rehearsals are every Friday for one hour. If you have any questions, call Bill Kuhfuss at 215-393-6794.

AMICI OPERA COMPANY SUNDAY, SEPTEMBER 27 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, *PUCCINI’S, “MADAME BUTTERFLY.”* Residents of Living Branches receive free admission with their ID badge. There is a fee charged to guests at the sign in table located at the Chapel porch hallway. Come enjoy your Sunday afternoon listening to these talented artists.

BOOK CLUB MONDAY, SEPTEMBER 28 9:30 a.m. (DMCR)

Mark your calendars and join us at Book Club, which resumes after summer break, on Monday,

September 28 at 9:30 a.m. in the Dock Manor Community Room. Beginning in October the Book Club will take place every third Monday of each month. If you have any questions about this club and would like to know what books we will be reading, please contact Ruth Kinsey 215-393-8565.

“BACK TO SCHOOL” SEATED CHAIR BINGO MONDAY, SEPTEMBER 28 2:00 p.m. (RR)

Prizes! Prizes! Prizes! Join us in the Recreation Room for “Back to School” seated chair bingo. Come and enjoy playing a variety of bingo games at 2:00 p.m. with 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 reservations with Eileen Burks.

WINE IN THE WOODS TUESDAY, SEPTEMBER 29 4:30 p.m. (CHRISTOPHER’S)



Get your favorite sports-team apparel out as we celebrate Sports Month! Just a reminder that this is a BYOB wine/social. 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 enjoy while enjoying the company of others! Please make your reservations with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org.

REPORTS

SARA SPOTLIGHT

What should I do in the event of an emergency?

Call 9-1-1 and then press your SARA alert.

If you have a white SARA hold the button for 2 seconds, until it vibrates and rapidly flashes red. If you have a black SARA press the button until you see the red-light ring flashing.

ACORN SHOP

Stop by the Acorn Shop each week to see what's on sale! Hours: Monday-Friday: 9:30 a.m.-3:30 p.m.
Saturday: 1:00-4:00 p.m.
Specials: Any individual flowers or any flowers in a pot are 50% off. The Chicken Pies are back!

GIFTS AND TREASURES SHOP

Sales: Any Photo frames and Frame Art 50% off

Hours: Monday-Friday: 1:00-3:00 p.m.
Saturday: 1:00-4:00 p.m.

VOLUNTEERS

It's that time of year again! The Annual Volunteer In-Service meetings will be held on September 29 at 1:00 p.m. in the Summit View Auditorium at SMH, September 30 at 10:00 a.m. in the Derstine Chapel at DW, and October 2 at 3:00 p.m. in the activity room at the Willows. This meeting is mandatory for all volunteers. If you are unable to attend one of these meetings, we will be posting a video recording of the presentation on the Living Branches website that you will be able to watch on your computer or device. Please refer to the flyer that will be mailed to you for more information. If you have any questions, call Jennifer Wilson at 215-368-4438 extension 44189 or Sue Zomberg at 215-723-9881 extension 42298.

WELLNESS CENTER

The Walk-in Wellness Clinic is open daily Monday through Friday from 8:45-10:45 a.m. except for the 2nd and 4th Friday of the month, the hours are 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. HNL 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 during clinic hours to Maria Popp in the Wellness Center at least 48 business hours before your requested appointment. Labs are drawn on Mondays and Thursdays only 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
Tracy Young, CRNP
Tri Valley 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

WATCH YOUR MAIL!

The 38th Annual Friends of Benevolent Care Celebration will be held this year on Wednesday, October 28, 2026. Watch your mailbox for invitations in late September. This annual event benefits the Living Branches Benevolent Care Fund, which provides grants to residents at any of our campuses who are no longer able to cover the full cost of their care. Seating is limited; RSVP early to secure your spot for a great cause.

Alphabet Soup for Better Giving

Have you ever heard people talking in Alphabet Soup language? "If you have an IRA you can make a gift into a QCD to satisfy your RMD. As long as you mind your P's and Q's. Does that sound A-OK?" HUH?!

If that sounds like another language, read on. Here is a short guide to understanding the Alphabet Soup for Better Giving:

IRS—Internal Revenue Service: you pay your taxes to the IRS. Interestingly, the IRS allows you to reduce your tax bill when you make gifts to your favorite ministries and charities. If you understand the IRS's alphabet soup, you can direct your dollars to church and charity instead of the IRS.

DAF: Donor Advised Fund—a giving checking and savings account. DAFs have become very popular to maximize your income tax deductions by timing your giving to get the most tax savings. If you have stock that has risen in value, DAFs are also a great tool. When you donate stock, you also give away the tax bill associated with your capital gains. When you do that, you'll get a double benefit of avoiding taxes while also receiving a tax deduction for the full value of the stock.

RMD: Required Minimum Distribution—you are required to start taking distributions from your retirement accounts in your early 70s, even if you don't need the money for your living expenses. When you receive those RMDs, you will have to pay taxes on the distributions.

QCD: Qualified Charitable Distribution—Here's a two-question quiz. 1) Are you required to take an RMD? 2) Do you give regular gifts to your church and charity? If you answered yes to both, a QCD is likely the first and

best way for you to make your gifts. QCDs take the place of your RMD and by directing them to church and charity, you'll avoid paying any taxes. You can give more effectively with your retirement savings going tax-free directly to the ministries that are important to you. If it is all still a little soupy, that's OK. This is not a DIY project. We are here to help. Reach out and we'll translate the Alphabet Soup together. Everence: Jeffrey L. Godshall, CFP/CTFA jeff.godshall@everence.com 215-703-0111 Living Branches: Colin Ingram, Associate Director of Fund Development colin.ingram@livingbranches.org 215-368-4438, extension 44304.

PASTORAL CARE

In 387 AD, the Early Church Father St. Augustine of Hippo famously said, "You have made us for yourself, Oh Lord, and our hearts are restless until they rest in you."

I can certainly be restless. Well, perhaps not every day, but the days when I am most restless usually clue me in that I will also have a restless night of sleep. Perhaps you are the same way. It is probably a universal human experience. I believe everyone knows what it feels like to be restless...

Let's just be honest, it is not always easy to be human! We have cares and concerns; we get worried about bills and the check engine light on our car dashboard. We have consuming thoughts about family or friends, hoping that they are doing well or could still be with us. Our hearts are often restless because they can become tangled knots, attached to the wrong things and even the right things but too much.

Let us go back to the words of Augustine... We are restless because we do not rest in God. And so, what does it mean to "rest in God"? It probably means we give up our need to control people and outcomes, to give up our desperate attempts for esteem or affection, to give up our need for stability and routine. Once we give up our addictions to these things, we are finally free to settle, relax, and fall into the tender and loving hands of God.

This month, may you let go of all that makes you restless, and find your rest in the Lord.

Pastor John Chaffee