

# ACORNS



RIDGE OAK, INC. 150 MANCHESTER DRIVE, BASKING RIDGE, NJ 07920  
908/221-0266  
[www.ridgeoak.org](http://www.ridgeoak.org)

## From the Executive Director

The holiday season and the start of a new year always bring an opportunity for reflection. My hope is that 2026 brings feelings of safety, security, and comfort for all of our residents here at Ridge Oak. While we have a strong, capable staff to support your needs, I also want you to know that I'm always available to answer any questions you may have, or even just chat for a few minutes. Please never hesitate to reach out to me directly with any comments or concerns.

Happy New Year!  
Corey

## Weather Delays

Winter is here, bringing the possibility of snow, ice, and other weather. Before venturing out, please call the office to check whether activities, meals, or the bus are running on schedule. When conditions are uncertain, we tend to err on the side of caution and delay or cancel programs. A quick call to the office will give you the latest updates on any delays or cancellations. We will also send a message via our text/call system to inform of office closures or activity and meal cancellations.



## January 2026

### Volume 49, Issue 1



## Office Closed

The office will be closed on Thursday, January 1st, in observance of the New Year's holiday. We will reopen on Friday, January 2nd. Wishing you all the best for the coming year!

## Words of Gratitude

Thank you for your donations at our Slice and a Scoop event! We raised \$25 and collected 15 containers of coffee for God's Co-op Food Pantry.

If you enjoyed the Thanksgiving dinner at Bishop Jane's United Methodist Church on November 27, please take a moment to send a letter of gratitude:

Pastor Dave Tillisch  
Bishop Jane's UMC  
22 South Finley Ave.  
Basking Ridge, NJ 07920

## Welcome, Matt!

Ridge Oak is pleased to welcome Matt Reino as our new Maintenance Foreman. Matt brings 17 years of hands-on construction and renovation experience as a small-business owner and lead carpenter, and he is excited to apply his expertise and community-focused approach to support our residents and campus.



## Lynn's Holiday Boutique

The December holiday boutique was another wonderful success! Thanks to Lynn Kaplan and Mary Pagel. They raised \$525 which was split between Make a Wish Foundation and the Basking Ridge Rescue Squad. Thank you to everyone who came out to support the sale and these wonderful organizations.

## Stove Safety

Please remember, never store paper, cloth, or any flammable materials on, in, or near your stove. Even when the burners are off, residual heat or accidental activation can cause a fire.

## Festival of Trees



Thank you to everyone who helped with our Golden Age & Golden Honey tree at the Somerset County Park Commission Environmental Education Center (EEC) 47th annual Festival of Trees exhibit. It was a fun project, made possible by the creative ideas of Maryanne Moreck (Village 4). What a wonderful way to celebrate the Ridge Oak apiary and the Ridge Oak residents. Until next year!

## Heating Tips

Ridge Oak's heat turns on automatically when the outdoor temperature drops below 68°F. As colder weather arrives, follow these tips to stay warm:

- Make sure all windows and doors are closed and locked.
- Turn off all air conditioners.

If it feels chilly:

**Villages 1–11:** Turn the thermostat up to 5. After 30 minutes, lower it to your comfort level.

**Villages 1A, 9A, 12:** Turn the thermostat higher, wait 30 minutes, then adjust as needed.

If you are still experiencing heating issues, please call the Ridge Oak office at 908-221-0266.

## Care Fund

The Care Fund subsidizes meals and personal care. Many thanks to the following people who have made recent donations to the Care Fund:

Bob Boye  
 Royal Garms  
 Eleanor Provenzano  
 Leo and Yanna Rotshteyn *in honor of the wonderful staff and maintenance team*  
 Gongqing Wang & Zhenlan Tao  
 John McGuire *in memory of Zoey Kartelias*  
 Penxiang Wang *in honor of Yue Dong*  
 Xin Zhang *in honor of Zilu Lu*  
 Lee Magee *in honor of Ethel Yawger*  
 Larissa Wilson *in honor of Jeri Huskins*  
 Joan Klimpl *in honor of Marion Horrer*  
 Phyllis Miller *in honor of Corey and staff*  
 Joan Vollkommer *in honor of my mother*  
 Chen Wang *in honor of Zongfa Wang and Shirong Yao*  
 Luz Molina *in honor of the Ridge Oak staff*  
 Patricia Ogren *in honor of Lena Schiano*  
 Catherine Sarno *in honor of Carmine and Lillian Sarno*  
 Anna Chechel *in honor of the Ridge Oak staff*  
 Patricia Fritz *in honor of the Ridge Oak staff*  
 Marthe Terry *in honor of my Village 5 special friends*



## From Congregate

Please bring containers for leftovers and let us know if you need a ride to dinner. Meal orders and cancellations are due by 11 AM the business day before the meal—late cancellations will be billed.

Congregate also offers housekeeping, laundry, personal care, and medication management.

In the dining room, please be patient and kind to others and the Galley Crew. Avoid using your phone at the table—step out if you need to take a call.

To schedule a service or meal, or ask about costs, contact Shannen at the office or email [srivers@ridgeoak.org](mailto:srivers@ridgeoak.org)

## Program Sign-Ups

When reserving a spot for a bus trip along with a scheduled meal, please remember that the trip durations listed on Touch Town are estimated times only, as we cannot predict traffic or unexpected delays. To ensure a smooth schedule for everyone, if an activity or bus trip has the potential to overlap with a mealtime, please select one and avoid signing up for both.

## Shredding Reminders

We are delighted that so many of you were able to participate in the December shredding event, and we hope it was helpful for clearing out old paperwork! We plan to hold these events regularly. As you begin collecting items for any upcoming shredding event, please only include essential documents containing personal information (like bank statements and health records) for shredding. To ensure the service remains cost-effective, we kindly ask that you exclude items such as receipts, lottery tickets, and greeting cards. Your understanding is greatly appreciated!



## January Birthdays

If you would like your birthday published in the ACORNS, call Suzanne at the office.

- 1 Naser Kochak 147-B
- 4 In Pyo Lee 214-I
- 9 Carol Richardson 147-A
- 12 Mary Darling 160-D
- 12 Dinghua Wen 112
- 13 Rebecca Kastner 138-G
- 15 Ekaterina Petrosian 146-D
- 16 Neive James 202-A
- 16 Prabhavati Shah 132-A
- 24 Duk Jong Um 158-B

## Mark Your Calendar

Sign up for activities using Touchtown or Call (908) 221-0266. Email [Elanese@ridgeoak.org](mailto:Elanese@ridgeoak.org) or [Sreino@ridgeoak.org](mailto:Sreino@ridgeoak.org) with any questions.

## Recreation Reminder

Need a ride? The transporter is here and someone can always pick you up. Just call the office the "day of" the program.

## Brain Booster

Looking for some crosswords and word searches to keep your mind sharp? Contact Emma in the office for a copy.



## Wii Bowling

Bowling games are played on Mondays at 9:30 am. No experience required. Stop by and watch a game to see if you might be interested in joining!

## Chess

Chess is played on Mondays at 11 am in Felmeth Hall. If you would like to play, call Angela Navatta, 908-566-7441, for more information.

## Table Tennis

Every Tuesday in Village 12, there is Table Tennis "open play" from 11:30 am to 4 pm. The patio door at the rear of Village 12 will be unlocked during this time and all equipment will be provided.



## Mahjong

Mahjong is played on Wednesdays at 10 am in Felmeth Hall. Contact Emma in the office if you are interested in learning.

## Weekly Book Delivery

Emma will stop at the Bernards Township Library each week to pick up any books you have on hold and deliver them to your door. This service is separate from the Monthly Book Buggy — only specific holds you have requested will be picked up.

## Tech Support

Each Monday, volunteers will be available in Felmeth Hall from 4-5 pm to assist with tech support. They will help with setting up devices, troubleshooting tech issues, and navigating apps or websites. Volunteers speak both English & Mandarin. Sign-up is required.



## St. James Eucharistic Adoration

Every Thursday, schedule permitting, the bus will depart from Felmeth Hall at 10 am to take residents to St. James Catholic Church. The bus will pick up residents at 11:30 am and return them to Ridge Oak. Sign-up is required.

## Happy Hookers

Come and join your neighbors and friends on Fridays at 10 am in Felmeth Hall for an hour of conversation and handwork. Knitters, crocheters, cross stitchers, quilters and embroidery lovers are invited.



## Bingo

Bingo is played on Fridays at 1 pm in Felmeth Hall. The cost of each card is \$1. Sign-up is required each week.

## Exercise Series

**Breath & Balance: Yoga & Meditation** is offered on *Mondays at 1:00 pm* and is led by Michele Gorka from Fellowship. This class focuses on breathwork, seated and standing yoga postures, and concludes with a guided meditation. It's designed to be accessible for all fitness levels.

**Perfect Posture** is offered on *Tuesdays at 12:30 pm*, also led by Michele Gorka. Participants will learn to become more mindful of their posture through targeted stretches and exercises aimed at improving alignment and body awareness.

**"For the Men" Fitness** is held on *Wednesdays at 11:30 am* and is led by Jim Stamateris. This class is designed specifically for men and focuses on core strength, flexibility, and functional movement.

**Functional Fitness** meets on *Fridays at 12:30 pm*, led by Jim Stamateris. This dynamic class incorporates strength training, circuit-style routines, and varied monthly formats to keep workouts fresh and effective. It's designed to challenge muscles and improve overall functional movement.

**Sign-up is required for all exercise programs.**

**Located in the lower-level Wellness Center.**



## Yankee Swap

On Tuesday, January 6, at 11 am, come to Felmeth Hall with a wrapped or bagged gift that you received that you do not need or do not like or just want to swap for another. Lots of fun for everyone. Sign-up is required.

## Pokeno

Come out on Tuesday, January 6, at 2 pm for a game of Pokeno in the Felmeth Hall Annex. Bring at least fifty pennies with you. Sign-up is required.



## Bible Study

Bible study will continue Wednesday, January 7, at 10 am in Felmeth Hall and run through the winter. Led by Pastor Dave from Bishop Janes UMC, these discussions welcome all perspectives and life experiences. Come one week or come all. All faith traditions are welcome, and all materials are provided. Sign-up is required.

## Afternoon Movie

By request! Join us on Thursday, January 8, at 1:30 pm in Felmeth Hall for the 2020 Netflix adventure, The Christmas Chronicles 2, starring Kurt Russell as Santa Claus & Goldie Hawn as Mrs. Claus! This time, teenage Kate Pierce is unexpectedly reunited with the Clauses at the North Pole, where she and her stepbrother must help save Christmas.

## Winter Magic Craft

Join Emma on Monday, January 12, at 11 am for a fun hour of crafting! We'll be making waterless snow globes—the perfect way to add winter sparkle to your home. Come have fun with the hot glue gun and glitter alongside your neighbors. Sign-up is required to ensure we have enough supplies!

## Coloring & Coffee

Join us on Tuesday, January 13, at 10:30 am in Felmeth Hall for an hour of coffee and coloring. Come find out why coloring is such a great skill to continue throughout your life and enjoy a hot cup of coffee with friends. Supplies will be provided. Sign-up is required.



## Chair Tap Dance

You are never too old to tap! Join us for a fun, low-impact Seated Tap Class on Tuesday, January 13, at 2 pm in Felmeth Hall. This lively session is a fantastic way to boost your coordination, rhythm, and cognitive function in the new year. We will have some donated tap shoes available for you to wear during the class! If you prefer, just wear comfortable, hard-soled shoes. Come and discover the joy of movement. Sign-up is required.

## Karaoke Sing Along

Come to Felmeth Hall on Wednesday, January 14, at 2 pm for a fun afternoon of music! Whether you want to sing or simply sit back and enjoy the music, all are welcome. Sign-up required.

## Ecumenical Service

Father Andrew will be here Thursday, January 15, at 10 am in Felmeth Hall to lead our monthly Ecumenical service. All faith traditions are welcome to attend.

## Before the Nation: The Lenni Lenape

Join us on Thursday, January 15, at 1:30 PM in Felmeth Hall as the Somerset County Historical Society presents a fascinating look at the Lenni Lenape, the first people of New Jersey (also known as the Delaware). As the nation remembers the birth of the Declaration of Independence and the founding of our country, come and explore the rich history of these residents who were here long before the first European explorers set foot on the continent. Sign-up required.

## Coffee With Corey

Join your Executive Director, Corey Hovanec, for a cup of coffee (or tea) on Friday, January 16, at 9:30am in Felmeth Hall. Bring all those questions you've been wanting to ask or ideas you may want to share. Call the "day of" if you need a ride. No sign-up required.



## Millington Baptist Senior Luncheon

On Friday, January 16, at 11:30 am, the bus will depart from Felmeth Hall and head to Millington Baptist Church for their monthly senior luncheon. You're invited to bring your favorite salad, casserole, dessert, or bread to share, but there's no pressure if you're unable to bring something. Sign-up is required if you plan to take the bus, so please be sure to register on Touchtown. If you prefer to drive yourself to the church, no sign-up is needed. Please note that the bus will not return in time for bingo, so plan accordingly.

## I Have a Dream ...

In honor of Dr. Martin Luther King Jr., join us on Monday, January 19, at 11 am in Felmeth Hall as we celebrate his transformative vision. We will listen to his famous "I Have a Dream" speech and take time to reflect on our own dreams for ourselves and our nation in this new year. We will then work together to create our first community art piece for Felmeth Hall. Sign-up is required.



## Birding With Ben: An African Safari

Come to Felmeth Hall on Tuesday, January 20, at 2 pm as one of our favorite naturalists, Ben Barkley, takes us on his most recent trip to Africa. Get ready for stunning stories and photos focusing on the incredible birdlife and wildlife of the continent. This is definitely a program you do not want to miss! Sign-up is required.

## Ageless Grace Fitness

Join us Wednesday, January 21, at 1 pm in the lower-level Wellness Center at Felmeth Hall for Ageless Grace, a fun brain fitness program with simple, seated movements set to music. It boosts cognitive function and daily physical skills, welcoming all ability levels. Sign-up is required.





## Line Dancing

Join us for line dancing with Dave Farrell on Thursday, January 22, at 2 pm in Felmeth Hall. This is a beginner class—no experience or partner needed! Come to watch or come to dance, everyone is welcome! Sign-up required.

## Card Making

Friday, January 23, at 2:30 pm in Village 12, join Brenda Miller for card making. We will be making greeting cards using stamps, ink, and paper. All supplies provided and all crafting levels are welcome! Space is limited to 15 participants. Sign-up is required.



## Get Your Glasses Adjusted

Come to Felmeth Hall on Thursday, January 22, at 11 am and get your glasses adjusted from our favorite local optician, Jerry York. Sign-up is required.



## Story Go Round

Join us on Monday, January 26, at 11 am in Felmeth Hall for some fun, low-pressure creative writing! Find inspiration in a supportive setting to explore your memories and imagination. We'll use prompts and exercises to practice writing short stories, poetry and more. No experience is necessary—just bring your enthusiasm and a desire to tell your story! Sign-up is required.



## Sound Bowl Meditation

Join Certified Sound Healer, Sherri Williamson, for a deeply relaxing session on Tuesday, January 27, at 2 pm in the Lower-Level Wellness Center. Sherri will use her Himalayan singing bowls to guide us on a soothing meditation journey. Explore the peaceful, restorative sounds of the bowls and experience a harmonic reset as we embrace the new year of 2026. This unique session is the perfect way to reduce stress and promote well-being. Sign-up is required.



## Let's Drum!

Join Emma for an hour of rhythm on Wednesday, January 28, at 2 pm in the Lower-Level Wellness Center. The session kicks off with high-energy cardio-drumming, using drumsticks and choreographed seated movement for a fun workout. Then, we will transition to a traditional drum circle, a relaxing and engaging way to reduce stress, enhance creativity, and foster a strong sense of community. No experience is necessary—just come ready to make some noise! Sign-up is required.



## Table Games

Join us on Thursday, January 29, at 1:30 pm in Felmeth Hall for an afternoon of fun and games! We'll have Scrabble, UNO, Rummikub, Mahjong, and more. Sign-up is required.

## Making Art

Friday, January 30, at 10:30 am, Anne Chon will be in Village 12 leading an acrylic painting class. All levels are welcome, from beginners to seasoned painters. This fun class offers step-by-step instructions. The cost is \$10, and you will be billed. Sign-up is required.

## Mission Moments - Leadership in Action



Suzanne Reino has dedicated herself to Ridge Oak for over 5 years, going above and beyond every day to help our residents live their best life with dignity and respect. Her compassion is evident in every transaction at our front desk; whether it's in person or on the phone, her positivity shines through to light up the life of everyone she comes in contact with. Every visitor to our office from residents, family members, vendors and staff will stop by her desk for their daily dose of support and encouragement. Whatever question you may have, Suzanne will endeavor to find the answer. Suzanne not only supports our residents every day but she also supports our staff in any way needed to help them do their job more efficiently and serve our community to the best of their ability.

We are so proud to have Suzanne on our team and represent Ridge Oak.

## Out & About - Local Happenings

### Bernards Township Library Events

For all virtual programs, registration is required to receive a ZOOM link [www.BernardsLibrary.org](http://www.BernardsLibrary.org) or call (908) 204-3031 x6.

- Winter Reading Challenge for Adults, January 1-31.
- In Person, Get Started with eBooks and eAudibooks, Tuesday, January 6, at 2 pm
- Virtual, Highlights of the High Line, Thursday, January 8, at 7 pm
- Virtual, Start the New Year with Meditation, Tuesday, January 13, at 7 pm
- Virtual, Ben Franklin, a one-man show with J.T. Turner, Tuesday, January 20, at 7pm
- Virtual, Super Bowl Halftime Show, Monday, January 26, at 7 pm
- Virtual, Hollywood in the White House, with Film Historian Max Alvarez, Thursday, January 29, at 7 pm

