

# ACORNS

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RIDGE OAK, INC. 150 MANCHESTER DRIVE, BASKING RIDGE, NJ 07920

908/221-0266

FAX: 908/221-0042

[www.ridgeoak.org](http://www.ridgeoak.org)

## Heating Tips

**Starting October 1**, Ridge Oak's heating systems will automatically turn on whenever the outdoor temperature drops below 68°F. As colder weather sets in, here are a few steps to help keep your apartment warm and comfortable:

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

**Boiler pumps** circulate hot water continuously to heat your apartment. If your apartment feels chilly, adjust your thermostat as follows:

- Villages 1–11: Turn the thermostat dial up to 5. Wait about 30 minutes for the heat to rise, then lower it to your comfort level.
- Villages 1A, 9A, & 12: Turn the thermostat to a higher setting. Wait about 30 minutes for the heat to rise, then lower it to your comfort level.

**If you still** experience heating issues after adjusting your thermostat, call the Ridge Oak office 908-221-0266.

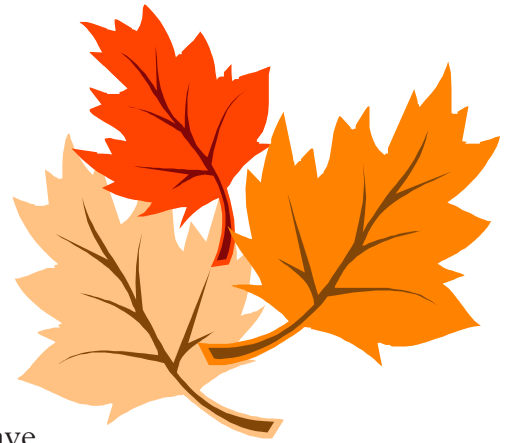
## Fire Monitoring Programming Update

**We've recently** completed programming updates to the fire monitoring system in Villages 1–11. With these updates, if the smoke detector closest to your kitchen senses

smoke, the alarm will sound and flash, Ridge Oak staff will be notified, and you'll have

an opportunity to clear the smoke condition. If the smoke condition is cleared, the alarm will shut off on its own. To help prevent any fire risk, the stove and oven breaker will also trip and will need to be reset by Ridge Oak staff. They will NOT make a special trip to the property to reset a tripped breaker. It will be reset the next business day after the oven and stove are inspected for cleanliness and proper operation. If a second detector senses smoke, or if a detector senses heat, the fire department will be dispatched immediately.

**Villages 1A, 9A, & 12** continue to have centrally monitored fire/smoke detection in the common areas. The smoke and fire alarms inside individual apartments in those villages are not centrally monitored. However, Villages 1A, 9A, & 12 are equipped with sprinklers for added fire protection. Any sprinkler activation will trigger building alarms and fire department dispatch.



**Thank you** for your patience as we continue to make important improvements that support both your safety and the safety of the Ridge Oak community!

## Special Evacuation Needs

**If you use oxygen**, have hearing or vision impairment, rely on a wheelchair or scooter, or have any other special needs that may affect your ability to evacuate safely during an emergency, please tell the Ridge Oak office. Having this information on file helps first responders assist you more effectively in the event of an evacuation. While this information is helpful, please understand that no promises or guarantees can be made regarding prioritization during an emergency.

## Galley Crew Recruitment

**We are currently** recruiting residents to join the Galley Crew, a team that helps in the kitchen and supports our congregate dining program. Tasks include table setup, receiving food deliveries, serving meals, and cleaning up afterward. A typical meal “shift” lasts 2.5–3.5 hours.

We’re looking for residents who are patient, kind, friendly, and collaborative, with the physical ability to stand and walk for a few hours, to lift food pans, and assist with table setup and cleanup.

**This is a paid role**, and participation will not affect your rent calculation, income status, or rent payment. If you are interested in being considered, please contact Shannen at the office by phone or email at [srivers@ridgeoak.org](mailto:srivers@ridgeoak.org).



## Resident Wi-Fi

**Ridge Oak** offers free Wi-Fi to all residents. To participate, residents must first review and sign the Acceptable Use Agreement to receive their network name and unique password.

**To review** the agreement and access answers to frequently asked questions, please visit [www.ridgeoak.org/wifi](http://www.ridgeoak.org/wifi) on your smartphone, tablet, or computer. Be sure to have your email address ready, as a copy of your signed document will be sent to you by email. Your network name and unique password will be emailed to you.

## Recreation Raffle

**Thank you** to everyone who participated in our summer recreation raffle! A total of 25 residents earned entries through consistent participation in our recreation activities throughout the season. Congratulations to our residents who won brand-new iPads at the Annual Picnic!

## Recreation Reminders

**When signing up** for a recreation outing, please remember that return times are not exact. If you’re unsure whether you’ll be back in time for a Ridge Oak meal or an important appointment, it’s better to play it safe. Only commit to one activity—this helps you, Ridge Oak, and those on the waiting list.

## Jewelry Sale

**September 16** Jewelry Sale at Felmeth Hall was another wonderful success! Many thanks to Lynn Kaplan & Mary Pagel. They raised \$550 which was split between Homeless Veterans and Basking Ridge Rescue Squad. Thank you to everyone who came out to support the sale and these wonderful organizations. Lynn will be back in December for your holiday shopping!

## Cooking Guidance

**To help prevent** unnecessary alarms, please keep the following tips in mind:

- Always use your range hood exhaust fan AND kitchen ceiling exhaust fan while cooking.
- Keep your burners, drip pans and oven clean to reduce the possibility of smoke or fire.
- Monitor while cooking. Never leave your stove unattended while in use.
- Avoid using excessive cooking oils, which can easily overheat and create smoke.
- Do not store items on the stovetop or inside the oven. Burner covers are not permitted.

**See** “Apartment Safety” module in Touchtown for more information. Thank you for your cooperation!

## Maintenance Requests

**All maintenance** requests must be initiated through the front desk by calling 908-221-0266 or by using “Maintenance Requests” module on Touchtown. If you stop a staff member on the property or mention an issue in a casual conversation, it’s easy for the request to be forgotten as they move on to their next task.

## From Congregate - *Shannen*

**Bring storage** containers with you to dinner for any leftovers to take home. Tell us if you need a ride to dinner. Meal orders must be received by 11 am on the business day prior to the meal. Cancellations must also be received by 11 am on the business day prior to the meal or you will be billed for the cancelled meal. Congregate also offers housekeeping, laundry, personal care, and medication management services.

**A friendly reminder:** When in the dining room, please practice patience and kindness toward your fellow diners and the Galley Crew members that serve you. Also, please refrain from scrolling your cell phone, watching

videos, or engaging in any conversations on your cell phone while at the table. If you need to take a call, step out of the dining room.

**If you want** to schedule a service or a meal or if you have any questions about your cost for ANY service, please call the office and speak to Shannen or email [srivers@ridgeoak.org](mailto:srivers@ridgeoak.org).

## Meal Program Reminder

**Our dining program** is primarily designed for in-person socialization. When possible, we accommodate home deliveries for

residents who are ill. We can

only deliver a limited number of meals each

day. To request a delivery due to illness, contact Shannen in the

Ridge Oak office no later than 3 pm on the

day of the meal. No requests for packaged/takeaway meals should be made in the dining room or to Galley Crew members. Residents may not pick up meals for other residents.



## Scam Alerts

**Medicare Open Enrollment** runs October 15 to December 7 and scammers often pose as Medicare representatives to steal personal information. Remember, Medicare will never call you unsolicited to ask for your Medicare number, Social Security number, or banking info. If you get a call like this, hang up and contact Medicare directly at 1-800-MEDICARE or visit [www.medicare.gov](http://www.medicare.gov).

## Podiatry Services

**Home Foot Care** Services continues to be an option for residents who may benefit from podiatry care provided in their apartments. Their team specializes in home visits and can assist with services such as toenail trimming

(including hard-to-cut nails), ingrown nail surgery, diabetic and pressure ulcer care, treatment of gout, lower extremity infections, foot and ankle sprains, and fractures.



**They are also** able to order x-rays, bacterial cultures, and diagnostic ultrasounds—all at home. Home Foot Care Services accepts Medicare Part B and most supplemental secondary insurances. If you are interested in learning more or would like help getting connected, please call the Ridge Oak office.

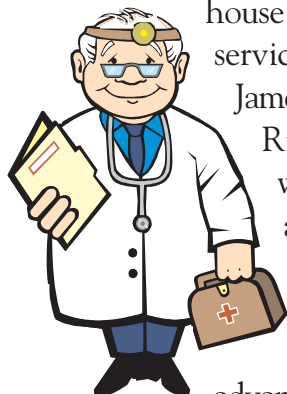
**Note:** Ridge Oak does not have a formal affiliation with, nor does it endorse, any specific healthcare provider.

## Wellness Nurse

**Ridge Oak** has a Wellness Nurse on site every Tuesday & Thursday. Eunice from Fellowship Life is available to answer questions about any health concerns so they can be quickly addressed before they turn into bigger problems. There is no cost for this service! Call Ridge Oak office to make an appointment to have Eunice visit your apartment or to stop by and see her here.

## Medical Transportation

**Medical transportation** plays a pivotal role in ensuring residents' well-being and access to essential healthcare services. Through our in-house medical transportation service in collaboration with St. James Transportation Ministry, Ridge Oak is happy to assist with rides to routine medical appointments. To discuss availability for your specific appointment, contact the office at least 7 days in advance of the appointment.



## Personal Emergency Response Systems

**Ridge Oak** residents have access to discounted personal emergency response systems (PERSYS) through a company called Amcest. They offer pendant and watch-style buttons that you can press in an emergency to connect you with the police and EMS services. Options include a home-based system connected via landline telephone (\$25/month), a home-based system with a cellular connection (\$30/month), and a mobile "home and away" system with GPS and fall detection (\$30/month) that works anywhere you go.

**All systems** include waterproof buttons that connect to a New Jersey-based monitoring center, which can quickly dispatch help if needed. There are no equipment, installation, or activation fees—and no long-term commitment. To learn more or order a system, call toll-free 1-800-641-7370 and be sure to mention Ridge Oak for special pricing.

## Brain Boosters

**Looking for** some crosswords, word searches, and brainteasers to keep your mind sharp and your brain busy? See Emma in Felmeth Hall or call the office for a copy.

## Shopping Bus

SIGN UP IS NOW REQUIRED  
FOR SHOPPING BUS RUNS

**Shopping bus** departure time is 10 am.

- Monday bus to Bernardsville can make stops at TD Bank and PNC Bank.
- Wednesday bus to Lyons Mall can stop at Bank of America. These stops are for quick banking transactions, like depositing a check or getting money from the ATM. Just tell the driver where you need to stop.



**Be sure** you know what time the bus is going back to Ridge Oak. Shopping time is determined by the bus driver. Have a watch or phone with you and plan for the time you will need to check out. The bus will not wait, and it will be up to you to find your way back home!

**A strict limit** of two bags per passenger, per trip. Please label your shopping bags in BIG letters with your name AND apartment number. No cases of water or overloaded bags are allowed. You must be able to safely store and carry your purchases.

**Check the calendar** for dates, times, and destination. If you are feeling sick, please consider the other passengers and stay home! DO NOT stand up on the bus until it has completely stopped and has been parked. This creates a dangerous situation for you, your fellow passengers and the driver.

## Care Fund

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

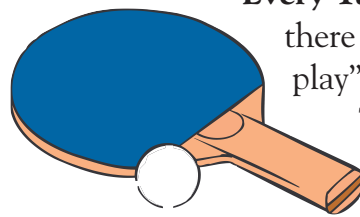
## Mark Your Calendar *For Ridge Oak Activities*

Call (908) 221-0266 or email the office.  
Sreino@ridgeoak.org or Elanese@ridgeoak.org

## Weekly Book Delivery

**Emma will stop** at 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. Please coordinate directly with the library, as there will be no sign-up through Ridge Oak.

## Table Tennis



**Every Tuesday** in Village 12, there is Table Tennis “open play” from 11 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. Please share the table and return all equipment to the bin when you are finished.

## Mahjong

**Mahjong** is played Wednesdays between 10 am and 12 pm in Felmeth Hall. A traditional Chinese tile game, players assemble sets of tiles based on specific patterns and combinations. It requires strategic thinking, pattern recognition, and luck, making it a challenging and engaging pastime enjoyed by people worldwide. Contact Emma in the office if you are interested in learning. Sign-up is required.

## Bowling & Chess

**Bowling games** are played Mondays at 9:30 am. No experience required. Stop by and watch a session to see if you might be interested in bowling. Call the office to check availability. Sign-up is required each month.

**Chess** - During bowling on Mondays, we have tables for chess players. If you would like to play chess at 11 am call the office for information.

## Exercise Series

**All classes** are held in the lower-level Wellness Center at Felmeth Hall. Sign up early to guarantee a spot!

**Assisted Stretching** – Held stretching can be tricky—figuring out what to stretch, how long, and how hard. Jim Stamateris offers free 20-minute assisted stretches on Wednesday,

October 15 & October 29. Contact Emma for more information. Priority is given to those attending Jim's Wednesday or Friday fitness classes.

**Breath & Balance:** Yoga & Meditation – Mondays at 1 pm in the Wellness Center. Led by Michele Gorka from Fellowship, this class will introduce breathing exercises, flow through both seated and standing yoga postures and finish with meditation practice. All fitness levels welcome! Sign-up is required. Cancel by 4 pm the day before class or you will be billed \$5.

**"For the Men"** Fitness Classes on Wednesdays at 11:30 am in the lower-level Wellness Center. Led by Jim Stamateris, this class is focused on functional movement, core stability and flexibility. You will learn how to properly warm up your body with stretches and healthy movements to prevent overuse and compensation patterns in addition to strengthening exercises to build stability and control. All fitness levels welcome! Sign-up is required. Cancel by 4 pm the day before class or you will be billed \$5.



**Perfect Posture** – Tuesdays at 12:30 pm in the Wellness Center. Led by Michele Gorka from Fellowship. In this class you will perform stretches and exercises to help improve postural alignment. All fitness levels welcome! Sign-up is required. Cancel by 4 pm the day before class or you will be billed \$5.

**Functional Fitness** – Jim Stamateris will lead a group exercise class on Fridays at 12:30 pm in the Wellness Center. This class will focus on dynamic movement, incorporating different styles of exercise routines. From dynamic stretches to circuit-based exercises, to strength

training, each month will showcase a different combination of modalities to help facilitate a new approach to exercising your muscles. Don't be shy if you feel like you aren't "fit enough" for the class, as every exercise will have modifications to make it easier or harder based on your level. All fitness levels welcome! Sign-up is required. Cancel by 4 pm the day before class or you will be billed \$5.

## The High Notes

**The High Notes** will be rehearsing Broadway classics and holiday music throughout October and November. Rehearsal dates and times will be provided during practices. Call Emma in the office with any questions.

## Happy Hookers

**Calling ALL** hand work crafters. Join your neighbors and friends on Fridays at 10 am in Felmeth Hall for a social time doing all types of handwork. Knitters, cross stitchers, quilters, and embroidery lovers are all invited. We have some real experts in the group who can teach and guide you. Call the "day of" if you need a transporter ride. Sign-up is required.

## Bingo

**Bingo** is played Fridays at 1 pm (special Bingo on Friday, October 30 at 2 pm) in Felmeth Hall. Cost of each card is \$1. Call the "day of" if you need a ride on the transporter. Sign-up is required to play each week.

## Blood Pressure Clinic

**Thursdays** at 11:30 am, our nurse Eunice will host a weekly blood pressure clinic in Felmeth Hall Annex. If you are on your way to lunch, it is a great chance to stop by for a quick check. Call the "day of" if you need a ride.

## Chinese Traditional Exercise

**Every Monday & Wednesday**, schedule permitting, we will have Chinese Traditional Exercise in Village 12 at 2:30 pm. The program is led by fellow residents. Whether you're looking to relax, recharge, or just interested in learning more about Chinese culture, all residents are welcome to participate. No sign-up is required.

## St. James Eucharistic Adoration

**Every Thursday**, schedule permitting, the Ridge Oak bus will leave Felmeth Hall at 10 am to take residents to St. James Catholic Church for the weekly Eucharistic Adoration. The bus will pick up residents around 11:30 am and return them to Ridge Oak. We need to let the church know how many residents will attend. Sign-up is required.

## Tech Support

**Each Monday**, local high school volunteers will be available in Felmeth Hall from 4 pm to 5 pm to assist with tech support. Volunteers will help with a variety of tasks, including troubleshooting tech issues, setting up devices, navigating apps or websites, and offering general tech guidance. Volunteers speak both English and Mandarin. Space is limited. Sign-up required. Please do not show up if you have not signed up.

## Life Conversations:

### Struggle, Perseverance, Hope

**Our weekly** conversations exploring life's struggles and how we find perseverance and hope will continue Wednesday, October 1 at 10 am in Felmeth Hall. Led by Pastor Dave from Bishop Janes UMC, these discussions welcome all perspectives and life experiences. Meetings will continue Wednesdays through November. Come as you are—your life

experience is exactly what makes these conversations meaningful. All faith traditions are welcome, and all materials are provided. Community members outside of Ridge Oak are also welcome to attend. Sign-up is required.

## Meet Father Andrew & Ecumenical Service

**Join us** on Thursday, October 2 at 10 am in Felmeth Hall as we welcome Father Andrew, the new Rector of St. Mark's Episcopal Church. He will lead the Ecumenical Service at Ridge Oak once a month. All faith traditions are welcome to attend. Sign-up is required. Call the morning of if you need a ride.

## Learn to Line Dance

**Join us** for line dancing with Dave Farrell on Thursday, October 2 & October 16 at 2 pm in Felmeth Hall. This is a beginner class—no experience or partner needed! Line dancing is a fun way to improve coordination, boost cardiovascular health, and relieve stress. Come to watch or come to dance, everyone welcome! Sign-up required. Call the "day of" if you need a ride. Cancel by 4 pm the day before this event or you will be billed \$5.

## Fall Foliage Walk at Natirar

**Friday**, October 3, the bus will leave Felmeth Hall at 10 am and drive to Natirar in

Peapack, where we will take a short stroll and enjoy the beautiful change of season. This outing depends on the weather, so please call the office if you have any questions. Leashed dogs are welcome. Please wear comfortable shoes. Sign-up is required.

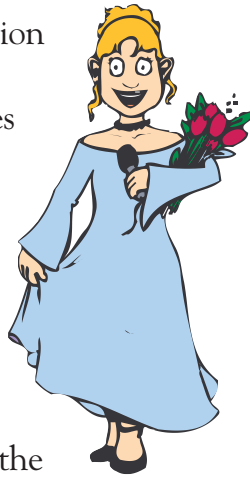


## LONJ Celebration of the Stage

**Light Opera** of New Jersey is thrilled to present A Celebration of the Stage, an afternoon of world-class vocal performances on Sunday, October 5.

Conducted in a cabaret-style setting by the acclaimed Maestro Jason Tramm, this unique concert will feature international singing stars, delivering a dynamic and diverse repertoire celebrating the beauty and power of stage music.

The bus will leave from Felmeth Hall at 1:30 pm for St. Mark's Episcopal Church for the 2 pm show. Tickets are limited. Sign-up is required.



## Coffee & Coloring

**Join Emma** and Anji on Monday, October 6 at 11 am in Felmeth Hall for an hour of coffee and coloring. Find out why coloring is such a great skill to continue throughout your life and enjoy a cup of coffee with friends. Coloring has been shown to reduce stress, improve focus, and support fine motor skills, especially beneficial for seniors. Supplies will be provided. Sign-up is required.

## Touchtown Picture Day

**Tuesday**, October 7 between 10 am & 11 am and 2 pm & 3 pm, stop by Felmeth Hall to have your picture taken for your Touchtown profile. We will use the fancy "portrait mode" setting on our camera to get a great shot! We can also answer questions about Touchtown or help you download the app to your device.

## Autumn Reflections with Michele

**Join Michele** Wednesday, October 8 at 2 pm in Felmeth Hall for a peaceful, guided reflection inspired by the changing season.

Through gentle conversation and a simple reflective painting activity—no artistic talent needed—you'll explore the beauty of letting go and embracing fall's transitions. Sign-up is required. All materials will be provided.

## Hayride & Cider at Wightman Farms

**Thursday**, October 9, the bus will leave Felmeth Hall at 1:30 pm for Wightman's Farm for a scenic hayride around the property—followed by delicious cider and doughnuts! Cost of the trip is \$5 and you will be billed in November. Space is limited. Sign-up required.

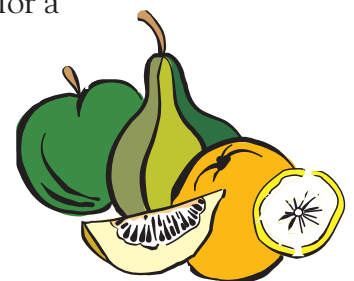
**Note:** You will need to get on and off the hay wagon, and the ride will be very bumpy. We recommend wearing comfortable clothing and sturdy shoes. You may want to bring a small pillow or cushion to make the bench seats more comfortable.

## Watercolor with Wendy

**Tuesday**, October 14 at 10 am in Village 12, Wendy Hallstrom from The Center for Contemporary Arts will lead a weekly watercolor program. This class is adaptable to all levels, and no experience is required. Space is limited to 10 participants each week. Additional classes will be held on October 21 & 28. Sign-up is required. If you can't make it to the class, please be sure to cancel or you will be billed \$5.

## Alstede Farm Chester

**Tuesday**, October 14 the bus will leave Felmeth Hall at 10 am for a trip to Alstede Farm in Chester. You'll have the opportunity to use your QR coupon to purchase fresh produce, explore their





market, and visit the farm animals. As a bonus, Alstede Farm offers 20% off to seniors on Tuesdays! Sign-up is required. Space is limited. Be sure to use your QR coupon before the season is over.

## Pokeno

**Come on** Wednesday, October 15 at 2 pm for a game of Pokeno in Felmeth Hall Annex. Bring at least fifty pennies. Sign-up required.

## Millington Baptist Senior Luncheon

**Friday**, October 17 at 11:30 am, the bus will leave Felmeth Hall for 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, no sign-up is needed. Note that the bus will not return in time for bingo, so plan accordingly.

## From Hive to Jar: Bottling Honey

**Join Emma** on Monday, October 20 at 11:30 am in Felmeth Hall as we get sticky bottling and labeling over 60 pounds of delicious Ridge Oak honey. Sign-up is required.

Wear clothes you don't mind getting sticky!

Many people have asked what we are doing with our honey; it is NOT for sale. At this time, Ridge Oak honey will be shared with our residents and local members of the community. Please contact Emma if you have further questions.



## Live Music with Dan Furnal

**Join us** on Tuesday, October 21 at 2 pm in Felmeth Hall for a fun-filled hour of live acoustic guitar and singing with local musician Dan Furnal! Get ready to sing along to familiar tunes and maybe even dance in your seat. It's a great way to spend the afternoon with neighbors and enjoy some "feel good" music. Sign-up is required.

## Karaoke Sing Along

**Come to** Felmeth Hall on Wednesday, October 22 at 1 pm for a fun afternoon of music! Share a favorite song, sing karaoke-style, or simply sit back and enjoy the music, all are welcome. Bring the name of a song you love, Emma will find it on YouTube. Just come for the good company and great music. Sign-up is required.

## Card Making

**Thursday**, October 23 at 10:30 am in Village 12, join Brenda Miller for card making. We will make greeting cards using stamps, ink, and paper. All supplies provided and all crafting levels are welcome! Call the "day of" if you need a ride. Space is limited to 15 participants. Sign-up is required. Cancel by 4 pm the day before the event, or you will be billed \$5.

## Birding with Ben

**Join us** on Thursday, October 23 at 2 pm in Felmeth Hall as one of our favorite naturalists from the Somerset County Environmental Center takes us on a journey to the world of Papua New Guinea. Discover the breathtaking birds that call this exotic place home. Sign-up is required.

## ABC's of Candy

**Join historical** presenter Meg Wastie, Friday, October 24 at 11 am in Felmeth Hall as we explore the history of everyone's favorite sweet

treats. Take a nostalgic journey through the alphabet, guessing the names of classic candies—one for each letter! Along the way, you'll learn surprising connections to New Jersey and wartime. We'll be taste-testing many of the sweets we talk about. Sign-up is required.

### Trivia & Treats with BRPC Youth Group

**Join the youth** group from Basking Ridge Presbyterian Church Saturday, October 25 at 3:30 pm in Felmeth Hall for a fun-filled afternoon of trivia and snacks! You'll be teamed up with members of the younger generation to test your knowledge of trivia—past and present. It's a great chance to connect across generations and share some laughs. Sign-up is required.

### Share a Song

**Monday**, October 27 at 2:30 pm, join Emma in the lower-level Wellness Center of Felmeth Hall for some fun listening to music. Bring the name of a song you would like to share with the group. We will listen to a recording and sing along. Emma will access the music using YouTube. You do not need to share a song to enjoy the music! Sign-up is required.

### Table Games

**Join us** Tuesday, October 28 at 1:30 pm in Felmeth Hall for an afternoon of fun and games! We'll have Scrabble, Giant Yahtzee, UNO, Rummikub, Mahjong, Chess and more. Whether you're here to play or just enjoy the company, all are welcome. Sign-up is required. Call the "day of" if you need a ride.

### Bingo Outing

**Wednesday**, October 29 at 11 am, the bus will head to St. Mary's Byzantine Catholic Church in Hillsborough for Bingo. Games begin at 12:30 pm. The \$2 admission fee includes a

package for 9 games. It is recommended to bring at least \$15 dollars to play all the games. The kitchen has food available for purchase—do not bring your own food or drink. Sign-up is required. Space is limited to 17 residents. We will return to Ridge Oak around 3 pm.

### Let's Drum!

**Join Emma** for drumming Thursday, October 30 at 10:30 am in Lower-Level Wellness Center. Drum circles are a fun and relaxing way to reduce stress, enhance creativity, and foster a sense of community. Everyone is welcome to come and experience the positive effects of rhythm and connection. No experience necessary. Sign-up is required.

### An Afternoon with Hitchcock

**Join us** Thursday, October 30 at 1:30 pm in Felmeth Hall for a spooky viewing of Alfred Hitchcock's Psycho (1960). Starring Anthony Perkins and Janet Leigh, this suspenseful classic follows a young woman who stops at the mysterious Bates Motel where nothing is quite what it seems. A timeless thriller that still sends shivers down the spine! Sign-up required.

### Halloween Pizza & Prize Bingo

**Get into** the Halloween spirit with us on Friday, October 31 at 2 pm in Felmeth Hall for a fun-filled afternoon of pizza and prize bingo!

**Come in costume** and enjoy two slices of pizza, water, two bingo cards, and Halloween candy for all to enjoy. The cost to you is \$5 and you will be billed in November. Space is limited. Sign-up is required.



## Out & About *Local Happenings*

**AOA Game Changers** is a monthly event hosted at Somerset Hills YMCA on the first & third Tuesday of every month from 1 pm to 2:30 pm. The active older adult community comes together to enjoy games that differ every week. These games can include bingo, trivia, charades and games suggested by participants. Program is FREE to members and \$5 per session for non-members.

### **Dance with Friends at the Elks**

If you love to dance and are looking for a fun night out, the Middlesex Elks host a 40-and-up dance once a month featuring DJ Bruce and refreshments, all for just \$15 per person. Next dance is Saturday, October 18 at 7 pm, Middlesex Elks – 545 Bound Brook Road, Middlesex, NJ.

### **Bernards Township Library Events**

For all virtual programs, registration required to receive a ZOOM link [www.BernardsLibrary.org](http://www.BernardsLibrary.org) or call (908) 204-3031 x116.

- Live Concert! Happy Trails: Country Classics with Gerard & Diane Barros, Sunday, October 5 at 2 pm.
- In Person: Genetic Genealogy: Learning Through a Case Study, Sunday, October 5, 2 pm.
- In Person: Cybersecurity and Online Fraud, Tuesday, October 7 at 7 pm.
- Virtual: Meet Lucille Ball – Leslie Goddard Portrayal, Thursday, October 9 at 7 pm.
- In Person: After 911: Emergency Medical Response in Bernards Township, Tuesday, October 14 at 7pm.
- Virtual: Jim Henson with Historian Toni McKeen, Wednesday, October 15 at 7 pm.
- Virtual: Be Safe Online, Thursday, October 16 at 7 pm.
- Virtual: A Spooky Hollywood Halloween, Thursday, October 30 at 7 pm.

## CALENDAR

### **Week of October 1st**

1st Wednesday  
 10 am BUS Lyons Mall  
 10 am Mahjong  
 10 am Life Conversations  
 11:30 am “For the Men” Fitness  
 2:30 High Notes Rehearsal  
 5 pm DINNER- Beef Brisket

2nd Thursday  
 10 am BUS New Providence Market  
 10 am BUSEucharistic Adoration  
 10 am Meet Father Andrew  
 11:30 am Blood Pressure Clinic  
 12 pm LUNCH- Tomato Basil Quiche  
 2 pm Line Dancing

3rd Friday  
 10 am Fall Foliage Walk at Natirar  
 10 am Happy Hookers  
 12:30 pm Functional Fitness  
 1 pm Bingo  
 5 pm DINNER- Sausage & Peppers

5th Sunday  
 1:30 pm LONJ Celebration of the Stage

### **Week of October 6th**

6th Monday  
 9:30 am Bowling  
 10 am BUS Bernardsville  
 11 am Chess  
 11 am Coffee and Coloring  
 1 pm Yoga & Meditation  
 4 pm Tech Support  
 5 pm DINNER- Coconut Shrimp

- 7th Tuesday  
 10 am BUS Stirling & Gillette  
 10 am Touchtown Picture Day  
 11 am Table Tennis Open Play V12  
 12:30 pm Perfect Posture  
 2 pm Touchtown Picture Day  
 2:30 pm High Notes Rehearsal  
 5 pm DINNER- Meatloaf
- 8th Wednesday  
 10 am BUS Lyons Mall  
 10 am Mahjong  
 10 am Life Conversations  
 11:30 am "For the Men" Fitness  
 2 pm Autumn Reflections with Michele  
 5 pm DINNER- Eggplant Parmesan
- 9th Thursday  
 10 am BUS New Providence Market  
 10 am BUS Eucharistic Adoration  
 11:30 am Blood Pressure Clinic  
 12 pm LUNCH- BBQ Pulled Chicken  
 1:30 pm Hayride at Wightman Farms
- 10th Friday  
 10 am BUS Flemington Dutch Market  
 10 am Happy Hookers  
 12:30 pm Functional Fitness  
 1 pm Bingo  
 5 pm DINNER- Kielbasa & Kraut

### **Week of October 13th**

- 13th Monday  
 9:30 am Bowling  
 10 am BUS Bernardsville  
 11 am Chess  
 1 pm Yoga & Meditation  
 4 pm Tech Support  
 5 pm DINNER- Panko Tilapia
- 14th Tuesday  
 10 am BUS Alstede Farm Chester  
 10 am Watercolor with Wendy V12  
 11 am Table Tennis Open Play V12  
 12:30 pm Perfect Posture  
 5 pm DINNER- Cheeseburger

- 15th Wednesday  
 10 am BUS Lyons Mall  
 10 am Mahjong  
 10 am Life Conversations  
 11:30 am "For the Men" Fitness  
 2 pm Pokeno  
 5 pm DINNER- General Tso's Chicken
- 16th Thursday  
 10 am BUS New Providence Market  
 10 am BUS Eucharistic Adoration  
 11:30 am Blood Pressure Clinic  
 12 pm LUNCH- Corned Beef Rueben  
 2 pm Line Dancing
- 17th Friday  
 10 am Happy Hookers  
 11:30 am Millington Baptist Luncheon  
 12:30 pm Functional Fitness  
 1 pm Bingo  
 5 pm DINNER- Vegetable Lasagna

### **Week of October 20th**

- 20th Monday  
 9:30 am Bowling  
 10 am BUS Bernardsville  
 11 am Chess  
 11:30 am Hive to Jar: Honey Bottling  
 1 pm Yoga & Meditation  
 4 pm Tech Support  
 5 pm DINNER- Salisbury Steak
- 21st Tuesday  
 10 am BUS Stirling & Gillette  
 10 am Watercolor with Wendy V12  
 11 am Table Tennis Open Play V12  
 12:30 pm Perfect Posture  
 2 pm Live Music with Dan Furnald  
 5 pm DINNER- Crusted Salmon
- 22nd Wednesday  
 10 am BUS Lyons Mall  
 10 am Mahjong  
 10 am Life Conversations  
 11:30 am "For the Men" Fitness  
 1 pm Karaoke Sing Along  
 2:30 pm High Notes Rehearsal  
 5 pm DINNER- Roasted Pork Loin



23rd Thursday  
10 am BUS New ProvidenceMarket  
10 am BUS Eucharistic Adoration  
10:30 am Card Making! V12  
11:30 am Blood Pressure Clinic  
12 pm LUNCH- Turkey, Bacon on Roll  
2 pm Birding with Ben

24th Friday  
10 am BUS Manville Walmart  
10 am Happy Hookers  
11 am ABC's of Candy!  
12:30 pm Functional Fitness  
1 pm Bingo  
5 pm DINNER- Chicken Parmesan

25th Saturday  
3:30 pm Trivia / BRPC Youth Group

**Week of October 27th**

27th Monday  
9:30 am Bowling  
10 am BUS Bernardsville  
11 am Chess  
1 pm Yoga & Meditation  
2:30 pm Share a Song  
4 pm Tech Support  
5 pm DINNER- Falafel & Chicken

28th Tuesday  
10 am BUS Stirling & Gillette  
10 am Watercolor with Wendy V12  
11 am Table Tennis Open Play V12  
12:30 pm Perfect Posture  
1:30 pm Table Games  
5 pm DINNER- Beef Short Ribs

29th Wednesday  
10 am Mahjong  
10 am Life Conversations  
11 am Bingo Outing  
11:30 am "For the Men" Fitness  
5 pm DINNER- Pork Lo Mein

30th Thursday  
10 am BUS New Providence Market  
10 am BUS Eucharistic Adoration  
10:30 am Let's Drum!  
11:30 am Blood Pressure Clinic  
12 pm LUNCH- Tuna Salad  
1:30 pm An Afternoon with Hitchcock

31st Friday  
10 am BUS Lyons Mall  
10 am Happy Hookers  
12:30 pm Functional Fitness  
2 pm Halloween Pizza & Prize Bingo

