

ACORNNS

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Celebrating Older Americans Month

Age My Way

Focusing on how Older Americans can plan to stay in their homes and live on their own!

Office Closed

The office will be closed Monday, May 30th in observance of Memorial Day—the day that is set aside to remember with gratitude and pride all those who served and died for our country and our freedom. May your day be



filled with memories and peace.

God Bless America!

NJ Plastic Bag Ban

It's time to get those reusable bags ready! Starting May 4th grocery stores in NJ can no longer provide paper or plastic bags to customers. Instead, the stores can sell reusable bags or customers can bring their own. Remember your bags on your next trip!

Get Out and Vote

NJ Primary Election - Tuesday, June 7th

- Your POLLING Place is Felmeth Hall.
- Voter Registration Applications are available from Ridge Oak office or Somerset County Board of Elections website at www.co.somerset.nj.us/elections.
- Registration deadline is 21 days before an election. Voter registration forms are due by May 17th.
- Applications for a Mail in Ballot are also available from the office or County website.
- You must be a registered voter to apply for a Mail-In Ballot.
- Once you apply for a Mail-In Ballot, you will NOT be permitted to vote by machine at your polling place in the same election.
- A voter may apply for a Mail-In Ballot by mail up to 7 days prior to the election. Applications are due by May 31st.
- Voters also now have an option of automatically receiving a Mail-In Ballot for each General Election.

Meet the Candidates

Join us Thursday, May 5th at 2 pm in Felmeth Hall for a roundtable chat with candidates running for office. A good way to get to know the candidates and discuss important issues. Sign up in advance so we have enough sweet treats for everyone!

COVID-19 Update & Resources

Friday, May 20th, Zufall Health will host a Pfizer booster clinic at Felmeth Hall. They will administer 1st or 2nd Pfizer booster shots to Ridge Oak residents. Appointments start at 9 am and will be scheduled on a first-come-first-served basis. Call the office to sign up starting Monday, May 2nd. The deadline for sign-up is Friday, May 13th at 5 pm.

Visit www.bernardshealth.org or call Bernards Township Health Department 908-204-2520 to find out about other vaccine and booster clinics. They offer Moderna and J&J boosters!

As the pandemic moves into a “new normal” phase, the federal government has introduced covid.gov, a website meant to help Americans “test-to-treat.” This program enables people to be tested for COVID at a pharmacy, and if they’re positive, receive antiviral pills on the spot at no cost. Visit the website for more information.

Ridge Oak has obtained COVID-19 test kits through a federal distribution program. If you suspect you have COVID-19 and have no other testing resources, call Corey at the office or email chovanec@ridgeoak.org to obtain a kit at no charge.

Return of the Zufall Dental Van

Prior to COVID, the Zufall Dental Van visited our property monthly. The van returns to Ridge Oak in early May to see existing patients. New patients will be scheduled for Friday, June 10th. If you are interested in becoming a new patient, please call Corey or email chovanec@ridgeoak.org.

At your first dental visit, you will receive a clinical exam, x-rays, and treatment plan. Patients are then scheduled for an appointment for a cleaning or periodontal scaling based on the condition of their gums. All

patients should bring a current list of medications, allergies, hospitalizations, and medical problems for the first visit and inform the dentist of any changes at future visits. Services are subsidized.

Don't Spend Your \$\$ or Medicare \$\$

If you need medical equipment such as a shower chair, a walker or a cane, Pluckemin Presbyterian Church has a medical equipment ministry. All items are checked out to be sure they are operating properly, and all items are FREE. Go to www.ppch.org, click on “care” and then “medical equipment.” You can also call 908-396-6057 to inquire.

Happy Birthday



Tuesday, May 31st, our favorite mailman, Sukesh, will be celebrating his birthday. Take a moment to wish him a Happy Birthday!

Live Stream

You can participate in Ridge Oak activities from home. Use your iPad, computer, or phone to connect via TWITCH. www.twitch.tv/ridgeoakrecreation to view select activities. You can also download the TWITCH app on your cell phone or iPad and search “ridgeoakrecreation.” Read activity descriptions to determine if a live stream “twitch” connection is available.

Braingle

One snowy night, Sherlock Holmes was in his house sitting by a fire. Suddenly, a snowball came crashing through his window, breaking it.

Holmes got up and looked out the window just in time to see three neighborhood kids, who were brothers, run around a corner.

Their names were John Crimson, Mark Crimson and Paul Crimson.

The next day Holmes got a note on his door that read “? Crimson. He broke your window.” Which of the three Crimson brothers should Sherlock Holmes question about the incident?

Shopping Bus

The shopping bus will leave at 10:30 am (unless otherwise noted) on scheduled days. Always check the calendar for dates and times! Generally, the schedule is as follows.

- Tuesday - Bernardsville
- Alternating Wednesdays - Lyons
- Alternating Wednesdays - New Providence Farmers Market
- Thursday - Stirling and Gillette

Advance sign-up for the shopping bus is required. We can accommodate up to 16 residents per trip and no last minute, “on the fly” seating will be accommodated!

Computer Room

If you interested in using the computer room, please call Suzanne at the front desk or email sreino@ridgeoak.org. Computer room users **MUST** wear a mask when using computers and disinfect machines before and after each use.

From the Executive Director

Bonnie

We are a welcoming and diverse community. Please do your part to keep politics and

prejudice out of our community. Say “hello” when you meet someone new.

A sincere smile is a universal way to communicate warmth and a welcoming attitude.



All our residents reside in the United States legally and are welcome to enjoy all the benefits of living with us. Remember we were all immigrants once. Our parents, grandparents and distant relatives came from shores beyond ours. That is the wonderful part of being American!

Also, please do NOT hang or stick things on your windows and/or on doors. Not everyone celebrates your holiday and we respect everyone’s personal beliefs and political persuasions but, keep them to yourself. On top of that, we are often left with the sticky residue from tape and adhesive on painted surfaces.

Occupancy - *Christine Patrice & Helen*

NEW!! When you receive your 1st recertification notice you will also receive a flyer that invites you to a zoom meeting that reviews income, assets, and medical expenses.

You may have questions about documents needed for your upcoming recertification and we want to help you be as prepared as possible. We will describe the necessary paperwork that you need to collect and submit. This is the time to get your questions answered! If you attend, you will receive a portfolio with the presentation enclosed and your name will be entered to win a \$25 Shop Rite gift card!

From Congregate - *Shannen*

Housekeeping – Please wear your mask when Hadjila is in your apartment! No mask, no service.

Meals –All meals will be held at Felmeth Hall. If you have been evaluated and approved for home delivered meals, you may continue to receive a meal delivery. Meal orders must be received by 11 am the business day prior to the meal. Cancellations must also be received by

11 am the business day prior to the meal or you will be billed for the cancelled meal. If you need a ride to dinner, please let us know.

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

To schedule a service or meal or if you have questions about your cost for ANY service, please call the office and speak to Shannen or email – srivers@ridgeoak.org.

Care Fund

Care Fund subsidizes meals, personal care and PERSYS Medical Alert monitoring services. 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 Cledder@ridgeoak.org

Mondays & Fridays - Wii Bowl

Mondays - Walk Abouts

Tuesdays - Move It

Thursdays - Chair Yoga

Fridays - Happy Hookers V12

Fridays - Say Hello, Ni Hao

Fridays - Bingo

Thursday, May 5th

Meet the Candidates

Wednesday, May 11th - Canvas Painting

Wednesday, May 11th - Tai Chi Demo

Thursday, May 12th - Table Games

Monday, May 16th - Stay Smart

Wednesday, May 18th - Ageless Grace

Thursday, May 19th

Afternoon Movie

Friday, May 20th - COVID Booster Clinic

Sunday, May 22nd - Sunday Bingo

Monday, May 23rd - Unforgettable

Tuesday, May 24th - Senior Health Fair

Wednesday, May 25th - Play with Clay

Thursday, May 26th - Pokeno

Wednesday, June 1st - Music of the Bagpipes

Thursday, June 2nd - Shred or Toss

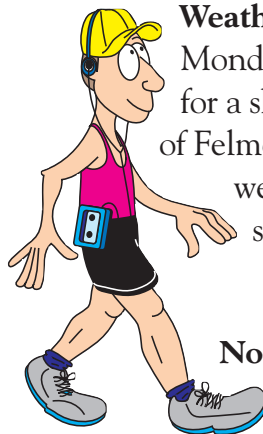
Wii Bowl

No Wii Bowling Friday, May 6th, Friday the 20th & Monday, May 30th.

Games are played Mondays at 10 and 11 am and Fridays at 10 am in Felmeth Hall. Only 4 people each hour. Wii Play is open to everyone. No experience required. Tell the office what time and day you prefer. Sign-up is required each month. Do not show up if you are not signed up.

Walk About

Weather permitting, join Connie Monday, May 2nd & 9th at 2 pm for a short walk about at the front of Felmeth Hall. Dress for the weather and wear comfortable shoes. No dogs please.



Move It

No class Tuesday, May 24th.

Classes are held on Tuesdays ONLY at 11 am and 12:30 pm in our Wellness Center on the lower level of Felmeth Hall. Please enter via computer room entrance at the back of the building. Each session will include exercises for brain, body, and balance. Class size is limited to 12. Sign-up is required. Do not show up if you are not signed up. If you fail to cancel you will be billed \$3.

Tuesday 12:30 pm class is live streamed via twitch. www.twitch.tv/ridgeoakrecreation to enjoy from the comfort of your own home.

Chair Yoga

Thursdays at 11 am, Patty Haines, from Basking Ridge Presbyterian Church will lead a Gentle Chair Yoga class in the Wellness Center. Class size is limited. Sign-up required. Do not show up if you are not signed up. If you fail to cancel you will be charged \$3 to be billed in May.

Live streamed. www.twitch.tv/ridgeoakrecreation to enjoy from the comfort of your own home.

Happy Hookers

No session Friday, May 6th & Friday, May 20th.

Fridays at 10:30 am in V12 community room Happy Hookers meet for a social time of knitting and crocheting. If you always wanted to learn, stop by, and see what it all about. The transporter will be available. Call the “day of” if you need a ride. Sign-up is required.

Say Hello, Ni Hao

No class Friday, May 6th & Friday, May 20th.

Fridays at 11 am (thru May & June) join us in Felmeth Hall as Bright Lin will lead us in a 45-minute class on the Chinese language. Learn how to speak simple phrases to your Chinese neighbors. Sign-up is required. Do not show up if you are not signed up.

Bingo

No BINGO Friday, May 6th & Friday, May 20th.

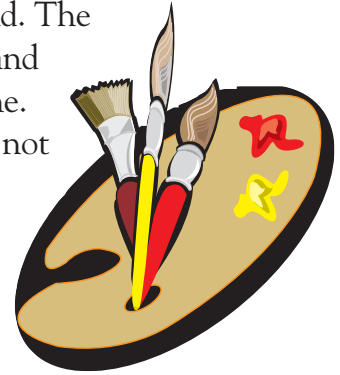
Bingo is played Fridays at 1 pm in Felmeth Hall. Cost of each card is \$1. The transporter will be available for rides. Call the “day of” if you need a ride.

Meet the Candidates

Join us on Thursday, May 5th at 2 pm in Felmeth Hall for a roundtable chat with candidates running for elected office. Get to know the candidates and talk about issues important to you. Call to sign up in advance.

Canvas Painting

Wednesday, May 11th at 10 am, Anne Chone will hold a 90-minute step by step canvas painting class in V12. All levels are encouraged to attend. The cost is \$10 per person, and you will be billed in June. Sign-up is required. Do not show up if you are not signed up. If you fail to cancel 24 hours in advance of each class, you will be charged \$5.



Tai Chi Demo

Wednesday, May 11th at 2 pm in Felmeth Hall, some of our residents will demonstrate Tai Chi. Sign-up is required.

Originating in ancient China, Tai chi sometimes also known as “Shadowboxing”, is an internal Chinese martial art practiced for defense training, health benefits, and meditation. An art embracing the mind, body and spirit chi is one of the most effective exercises for health of mind and body.

Live streamed. www.twitch.tv/ridgeoakrecreation.

Table Games

Thursday, May 12th at 1 pm in Felmeth Hall, card tables will be set up for table games like Mexican Train, Tiles, Phase 10, and other games. Bring your friends and games with you. Sign-up is required. Do not show up if you are not signed up.

Stay Smart

Stay Strong, Stay Smart, Stay Social

Monday, May 16th at 1 pm, in Felmeth Hall or from your apartment, we will join Damien and Danielle from *Aging is Cool* for puzzles, games, and fun via ZOOM. When you sign up you will receive connection information. Sign-up required. Do not show up if you are not signed up. If you fail to cancel you will be billed \$3.

Ageless Grace

Wednesday, May 18th at 1:30 pm in the Wellness Center, join your friends and neighbors for Ageless Grace. Wear comfortable clothes and footwear. Sign-up is required. Do not show up if you are not signed up. If you fail to cancel you will be billed \$3.

Live streamed. www.twitch.tv/ridgeoakrecreation.

Afternoon Movie

Thursday, May 19th at 1 pm, the award-winning movie CODA will be shown in Felmeth Hall. Sign-up is required.

As a CODA (Child of Deaf Adults) Ruby is the only hearing person in her deaf family. When the family's fishing business is threatened, Ruby finds herself torn between pursuing her passion at Berklee College of Music and her fear of abandoning her parents. Language may be offensive to some.

COVID Booster Clinic

Friday, May 20th, Zufall Health will host a Pfizer booster clinic at Ridge Oak in Felmeth Hall. They will administer 1st or 2nd Pfizer booster shots to Ridge Oak residents.

Appointments start at 9 am and will be scheduled on a first-come-first-served basis. Call the office to sign up starting on Monday, May 2nd. The deadline for sign-up is Friday, May 13th at 5 pm.

Sunday Bingo

Sunday, May 22nd at 3:30 pm in Felmeth Hall, the youth of Basking Ridge Presbyterian Church will host Bingo. The transporter will be available if you call for a ride by Friday afternoon, May 20th. Sign-up is required.

Unforgettable

Monday, May 23rd at 1 pm in Felmeth Hall, enjoy the music of one of our very own residents and his fellow crooners. Sign-up is required.

Senior Health Fair

Falls Can be Prevented

Tuesday, May 24th at 1 pm in Felmeth Hall, Atlantic Healthcare, Walgreens & Ridge Oak team up to celebrate National Senior Fitness and Health Day. Learn some tricks to stay upright, happy and healthy. There will be giveaways! Bring your medications, canes and walkers. Maybe one (or all) are making you wobbly. Sign-up is required.



Play With Clay

Wednesday, May 25th at 1 pm, Mud Clay Studio of Madison will lead a Clay Date session in Village 12. Cost is \$13. You will be billed in June. Sign-up is required. If you fail to cancel 24 hours in advance of the class, you will be billed for your spot.

Pokeno

Thursday, May 26th at 2 pm in Felmeth Hall, join the game of Pokeno. All that is required is a bag of 50 pennies. Pokeno is a combination of Bingo and Poker. Simple to learn. Sign-up is required.

Sign up in May for June ACTIVITIES

Bagpipe Music

Wednesday, June 1st at 7 pm on the Village 12 patio hear the music of the bagpipes. Transporter available. Sign-up is required.

Shred or Toss

Thursday, June 2nd, from 10:30 am to 1 pm students from Ridge High School will be on site for "Ridge Gives Back". Call the Ridge Oak office in advance, to have them pick up items to be shred. They will also pick up small items (such as lamps, tables, chairs, etc.) to be transported to the town dump.

Foot Care

Our podiatrist, Dr. Brazinski will visit Thursday, May 19th. Call the Ridge Oak office to schedule a visit.

Our Expanding World

Atlantic Visiting Nurse Rummage Sale

Rummage Sale held at Far Hills Fair Grounds May 6th & 7th (9:30 am to 3:30 pm) and May 8th (12:30 pm to 3:30 pm).

CALENDAR

Week of May 1st

- 2nd Monday / Sign Ups
10/11 am Wii
2 pm Walk About
5 pm DINNER Beef Short Ribs
- 3rd Tuesday
10:30 am BUS Bernardsville
11/12:30 pm Move It
5 pm DINNER Citrus Glazed Salmon
- 4th Wednesday
10 am Farmers Market
5 pm DINNER Ziti & Meatballs
- 5th Thursday
10:30 BUS Stirling & Gillette
11 am Chair Yoga
2 pm Meet the Candidates
5 pm DINNER Chicken Quesadilla
- 6th Friday
5 pm DINNER Baked Ham

Week of May 8th

- 9th Monday
10/11 am Wii
2 pm Walk About
5 pm DINNER Crab Cake
- 10th Tuesday
10:30 am BUS Bernardsville
11/12:30 pm Move It
5 pm DINNER Turkey Burgers
- 11th Wednesday
10 am Canvas Painting V12
10:30 am BUS Lyons
2 pm Tai Chi Demonstration
5 pm DINNER Beef & Broccoli

- 12th Thursday
10:30 am BUS Stirling & Gillette
11 am Chair Yoga
1 pm Table Games
5 pm DINNER Lemon Chicken
- 13th Friday
10 am Wii Bowl
10:30 am Happy Hookers V12
11 am Say Hello, Ni Hao
1 pm Bingo
5 pm DINNER Stuffed Pepper

Week of May 15th

- 16th Monday
10/11 am Wii
1 pm Stay Smart
5 pm DINNER Pork Loin
- 17th Tuesday
10:30 am BUS Bernardsville
11/12:30 pm Move It
5 pm DINNER Sausage & Peppers
- 18th Wednesday
10 am Farmers Market
1:30 pm Ageless Grace
5 pm DINNER Meatloaf
- 19th Thursday
10:30 am BUS Stirling & Gillette
11 am Chair Yoga
1 pm Afternoon Movie
5 pm DINNER Coconut Shrimp
- 20th Friday
9 am Covid Booster Clinic
5 pm DINNER Chicken Cordon Bleu

Week of May 22nd

- 22nd Sunday / 3:30 pm Sunday Bingo
23rd Monday
10/11 am Wii
1 pm Unforgettable
5 pm DINNER Swedish Meatballs
24th Tuesday
10:30 am BUS Bernardsville
1 pm Senior Health Fair
5 pm DINNER Italian Seasoned Flounder
25th Wednesday
10:30 am BUS Stirling & Gillette
1 pm Play with Clay V12
5 pm DINNER General Tso's Chicken
26th Thursday
10 am BUS Lyons
11 am Chair Yoga
12 pm LUNCH Cheddar Quiche
2 pm Pokeno

- 27th Friday
10 am Wii Bowl
10:30 am Happy Hookers V12
11 am Say Hello, Ni Hao
1 pm Bingo
5 pm DINNER Beef Brisket

Week of May 29th

- 30th Monday / OFFICE CLOSED
Happy Memorial Day
31st Tuesday
10:30 am BUS Bernardsville
11/12:30 pm Move It
5 pm DINNER Panko Tilapia