

ACORNS

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Welcome to the Newly Designed ACORNS Newsletter!

This issue marks the first major redesign of Acorns in over 20 years. Thanks are due to our Recreation Manager, Emma Lanese, for spearheading this effort. This new design gives us the flexibility to include more stories, photos and updates that reflect the vibrancy of the Ridge Oak community. Please be patient as the newsletter continues to evolve in its new form.

While browsing through our archives recently, I came across the very first Acorns newsletter, published in April 1978, when Ridge Oak had just over 100 residents. It was two pages long and typed on a typewriter. What stood out most was how often community was mentioned as the heart of Ridge Oak. One line in particular stayed with me:

"We are now a family of more than one hundred strong, with responsibilities to one another and the community."

Even though we have evolved into a community of over 350 residents, that sentiment still holds true today. As Executive Director, I believe in our shared responsibility to one another and to the spirit that makes Ridge Oak what it is. My hope is that each of you feels that same sense of connection and pride in being part of this unique community.

— Corey Hovanec, Executive Director

November 2025

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Ridge Oak's new 2025 History Wall, featuring the six founding churches, on display in Felmeth Hall.

Office Closed

The office will be closed for the Thanksgiving holiday on Thursday, November 27, and Friday, November 28. Happy Thanksgiving from the Ridge Oak staff!

Fall Back

Daylight saving time ends on Sunday, November 2, at 2 am. Before you go to sleep on Saturday, November 1, be sure to set your clocks back one hour. Enjoy the extra hour of sleep!

Election Day

Election Day is Tuesday, November 4. If you are a Ridge Oak resident, your polling place is Felmeth Hall RB Boye community room. The polls will be open from 6 am to 8 pm. Transporter rides will be available from 1 pm to 2 pm. Call the office the "day of" if you need a ride.

Social Services Update

As many of you may know, our Social Services Coordinator, Molly Clark, left for her maternity leave at the end of October. We have hired a temporary replacement that fits the needs of Ridge Oak residents during her absence. We are pleased to welcome Jennifer Fleming as a fill-in for Molly until her return in mid-late January. Jennifer has a background in working with diverse communities and helping others in her professional and personal life. Jennifer will be working 2-3 days a week. All residents are able to call the office or email jfleming@ridgeoak.org to schedule appointments. Please be mindful that walk-ins will not be accessible during this time, and all time with her should be scheduled in advance. She will return calls during her office hours, which may vary, and schedule a time that works for both of you. Please feel free to say hi and give her a warm welcome if you see her in the office or throughout the Ridge Oak property!



Fall Cleanup

It's time to clear porches, patios and planting areas outside your apartments. Please cut back or remove any plants you may have put in the ground, dispose of dead summer plants in pots and store all planting items—such as pots, tools and accessories—inside your apartment rather than on your porch or patio. This is also a reminder to get rid of or store any furniture and decorative items inside for the winter, so contractors have easy access for snow removal, etc. If there are excessive items spotted after November 20, they may be removed at the discretion of management.

If you would like Maintenance to remove dead plants, garden items or other outdoor objects, please call the office to request a marker. Place the marker next to the items you would like disposed of. Pickup will take place on Thursday, November 13, between 11:00 am and 1:00 pm.



Garden Cleanup

It is time to clear out your raised garden bed behind the barn.

If you have a raised garden bed in the area behind the barn, all gardens must be cleaned out by the end of day on Friday, November 14. Anything remaining after this date will be disposed of at our discretion.

Maintenance Requests

All maintenance requests must be initiated through the front desk by calling 908-221-0266 or by using the "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.

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 & locked.
- Turn off all AC units.

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.

Cooking Guidance

- Always use both the range hood and ceiling exhaust fans.
- Keep burners, drip pans and oven clean.
- Never leave the stove unattended while cooking.
- Use cooking oils sparingly to avoid smoke.
- Don't store items on the stove top or in the oven. No burner covers allowed.

Wellness Nurse & Blood Pressure Clinic

Eunice from Fellowship Life is available every Tuesday and Thursday from 10 am to 2 pm. Call the Ridge Oak office to schedule a visit in your apartment or stop by to see her. You can also get your blood pressure checked at Felmeth Hall on Thursdays at 11:30 am.



Additional Resources

Explore Touchtown to access further services, support and community updates.

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.

New Residents

We are happy to welcome the following residents to our Ridge Oak family. Please say “hello” when you see your new neighbor.

Mr. Weihua Zhang & Ms. Juan Liang, Village 1-A



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:
Kate Nelligan in honor of Bob Boye

Shopping Bus

Sign-up is required.

Departure time is 10 am.

Check the calendar for daily shopping destinations. Shopping time is determined by the bus driver. **Please plan for the time you will need to check out.**

Label shopping bags with your name and apartment number.

Only **two bags** per person. If you are feeling sick, please stay home!



November Birthdays

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

3 Noelia Werner 138-C
5 Muriel Ware 135-A
6 Marie Kenerson 214-G
6 Denise Meyer 144-F
7 Lana Johnson 221
7 Verna O'Neil 222
7 Colleen Whitehead 176-D
10 Michael Ferraioli 160-G
16 Marilyn Senn 154-C
18 Jeanne Sernak 152-A
21 Fuzeng Deng 204-A
23 Riccardo Musso 211-A
25 Barbara Baker 124-A
25 Flora Friery 124-B

Mark Your Calendar

Sign up for activities using Touchtown or

Call (908) 221-0266

Email Elanese@ridgeoak.org or 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.

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. 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 11:30 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. Please make sure to 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. Mahjong is a traditional Chinese tile game. Players typically aim to assemble sets of tiles based on specific patterns and combinations. Contact Emma in the office if you are interested in learning. Sign-up is required.

Bowling

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

Chess

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

Happy Hookers

Calling ALL handwork crafters. Come and 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.

Bingo

Bingo is played on Fridays at 1 pm in Felmeth Hall. The cost of each card is \$1. 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 around 11:30 am and return them to Ridge Oak. Sign-up is required.

Tech Support

Each Monday, volunteers will be available in Felmeth Hall from 4-5pm to assist with tech support. The volunteers will help with a variety of tasks, including troubleshooting tech issues, setting up devices and navigating apps or websites. Volunteers speak English and Mandarin.

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 takes place 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. It includes warm-up techniques and mobility exercises to help prevent overuse injuries and support overall fitness.

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 exercise programs.

Located in the lower-level Wellness Center.

Watercolor With Wendy

Tuesdays, November 4 and November 11, at 10 am in Village 12, Wendy Hallstrom from The Center for Contemporary Arts will lead a watercolor program. This class is adaptable to all levels, and no experience is required. Space is limited to 10 participants each week. Sign-up is required.



Table Games

Join us on Tuesday, November 4, at 2pm in the Village 12 Community Room for an afternoon of fun and games! We'll have Scrabble, UNO, Rummikub, Mahjong and more. Sign-up is required.

Bible Study With Pastor Dave

Our weekly conversations exploring life's struggles and how we find perseverance and hope will continue Wednesday, November 5, at 10 am in Felmeth Hall. Led by Pastor Dave from Bishop Janes UMC, these discussions welcome all perspectives and life experiences. All faith traditions are welcome, and all materials are provided. Sign-up is required.

Learn to Line Dance

Join us for line dancing with Dave Farrell on Thursday, November 6, 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 is required.

Making Art!

Friday, November 7, at 10:30 am, Anne Chon will be in Village 12 leading an acrylic painting class. All levels are welcome! This fun class offers step-by-step instructions. The cost is \$10, and you will be billed. Sign-up is required.

Holiday Decoration Workshop

It's time to get ready for Somerset County Environmental Center Festival of Trees. Our theme this year is Honeybees! Join us on Monday, November 10, at 2 pm and Tuesday, November 18, at 11 am in Felmeth Hall for a decoration creation workshop. Sign-up is required.



Classic Movie Matinee

In honor of Veterans Day, join us in Felmeth Hall on Tuesday, November 11, at 11:30 AM for a special viewing of the 1946 Oscar-winning drama "The Best Years of Our Lives." This powerful film follows three WWII veterans as they return home and navigate the challenges of re-entering civilian life. Please feel free to bring a bag lunch, as the movie is approximately 3 hours long. Sign-up is required.



Share a Song

Wednesday, November 12, at 1 pm, join Emma in the lower-level Wellness Center 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, reminisce, engage in conversation and sing along. Music will be accessed using YouTube. Sign-up is required.

Morning Concert

Join us Thursday, November 13, at 10:30 am in Felmeth Hall for a one-hour performance by Suburban Music Study Club members Lauryn Boyle (voice) and Selia Myers (flute), accompanied by Peter Hill on piano. Enjoy a mix of classical and popular music. Sign-up is required.



Let's Drum!

Join Emma for drumming on Thursday, November 13, at 2 pm in the Lower-Level Wellness Center. Drum circles are a fun and relaxing way to reduce stress, enhance creativity and foster a sense of community. No experience necessary. Sign-up is required.

Coffee With Corey

Join your Executive Director, Corey Hovanec, for a cup of coffee (or tea) on Friday, November 14, at 10 am in Felmeth Hall. Bring all those questions you've been wanting to ask or ideas you may want to share. No sign-up required.



ASL Basics

The Ridge High School ASL scholars will be in Felmeth Hall on Saturday, November 15, at 1:30 pm to teach us some of the basics of American Sign Language. This is a great opportunity to learn a new skill and connect with the community. Sign-up is required.

Library Book Buggy

The Book Buggy, a partnership of Ridge Oak and the Bernards Township Library, returns on Friday, November 14, at 3 pm. If you would like the Buggy to stop at your apartment so you can browse or get a library card, call the Ridge Oak office so we can plan our route.

If you would like specific items delivered to your door, please contact the library at (908) 204-3031 – option 2, or email your requests to circ-ber@mainlib.org. If you have books on hold, the library will notify Emma, and she will stop there every Thursday morning to pick them up and deliver them to you.

Karaoke Sing Along

Come to Felmeth Hall on Monday, November 17, 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.

Cool Critters

Join Ben and Rich, our favorite duo from the Somerset County Environmental Center, on Tuesday, November 18, at 2 pm in Felmeth Hall. During this fun and interactive show and tell, they'll introduce us to some cool critters—including snakes, dragons, bugs, oh my! Sign-up is required.



Ageless Grace Fitness

Join us Wednesday, November 19, 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. Wear comfortable clothes and shoes. Sign-up is required.

Ecumenical Service

Join us on Thursday, November 20, 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.





Leaves of Gratitude With Charlie Brown

Join us on Thursday, November 20, at 2 pm in Felmeth Hall for an afternoon of fun and reflection! We'll begin with a screening of the classic Peanuts film *A Charlie Brown Thanksgiving*, followed by a creative gratitude tree activity. Together, we'll make festive centerpieces for Ridge Oak's Thanksgiving celebration. Snacks will be provided. Sign-up is required.



Out to Eat

On Friday, November 21, the bus will depart from Felmeth Hall at 10 am and head to Cracker Barrel in Clinton for a bite to eat—breakfast or lunch, your choice! Before we head home, be sure to shop at the Old Country Store! The restaurant will be decorated for the holidays! A great time to do some holiday shopping. Please remember to bring your wallet. Space is limited. Sign-up is required.

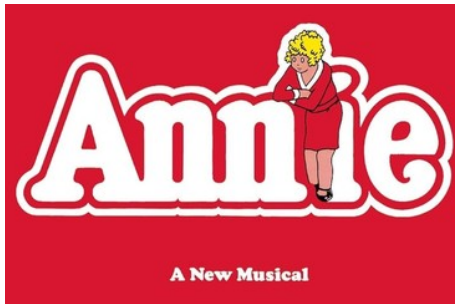
Card Making

Friday, November 21, 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.**



High Notes Fall Concert

The Sun Will Come Out Tomorrow! Join us on Tuesday, November 25, at 1:30 pm in Felmeth Hall for a delightful performance by Ridge Oak's very own High Notes ensemble, singing highlights from the Broadway musical *Annie*, along with solo performances from a variety of musicals and movies. Come hear your neighbors sing solo and in harmony, and feel free to join in for a sing-along! Sign-up is required.



A Scoop & A Slice of Thanks

Before we close for the Thanksgiving weekend, join your neighbors and the Ridge Oak staff for a slice or two of pizza and a scoop of ice cream on Wednesday, November 26, at 12 pm. Come enjoy good food and great company as we kick off the holiday!

As a gesture of good will and gratitude, we ask residents to bring a can of coffee to donate to God's Co-Op Food Pantry. If you cannot get a can of coffee, feel free to make a cash donation to the pantry in our donation basket.



Bishop Janes' Thanksgiving Dinner

On Thursday, November 27, Bishop Janes United Methodist Church will host their third Thanksgiving dinner. The bus will leave from Ridge Oak at 1:45 pm. If possible, bring a dessert or a nonalcoholic beverage to share. **Sign-up is required for the Ridge Oak bus.** If you will be driving yourself, please sign up with the Bishop Janes office at (908) 766-1108.

Save the Date

- **WICKED:** For Good, Wednesday, December 3
- **Shredding Event,** Thursday, December 4

Mission Moments - Leadership in Action



This month's Mission Moment celebrates Meriem Harbi, one of Ridge Oak's Marketing and Leasing Specialists, who completed the yearlong LeadingAge New Jersey & Delaware Leadership Academy, a program that builds leadership in non-profit senior housing and services.

Meriem explored person-centered practices, reflective leadership and ways to strengthen culture and innovation—skills she's bringing back to Ridge Oak.

She shared, "Not only did I get to learn from other successful leaders in the aging services field, but it also reignited my passion for helping others and serving the community by encouraging open dialogue, embracing growth and supporting others. I cannot wait to use the tools I have learned to create a lasting impact here at Ridge Oak."

We're proud of Meriem's dedication and the impact she brings to our community. Congratulations, Meriem!

Out & About - Local Happenings

Bernards Township Library Events

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

- Live Concert! Broadway Classics with Kevin Grace, Sunday, November 2, at 2 pm.
- In Person: Gmail Tips & Tricks, Tuesday, November 4, at 2 pm.
- Virtual: The Good, The Bad, and The Scary of AI, Monday, November 17, at 7 pm.
- Friends Holiday Market, Shop at the Library with over 15 artisans, Saturday, November 22, from 10 am to 4 pm.

RHS Drama Club Presents Peter Pan & Wendy

On Thursday, November 13, at 6:30 pm, senior members of the community are invited to attend the final dress rehearsal of Ridge High's fall play, Peter Pan & Wendy. No ticket required. Just show up!



RIDGE OAK
— SENIOR HOUSING —

OFFICE HOURS
Monday - Friday
9 AM - 5 PM

Phone: (908) 221-0266