

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

Office Closed

Ridge Oak office will be closed Monday, September 1 for the Labor Day holiday. Please call (908) 221-0266 for maintenance emergencies only.

End of Summer Picnic

Our annual summer picnic is scheduled for Friday, September 5 at 12 pm in front of Felmeth Hall. The rain date will be Tuesday, September 9. We will have hot dogs, hamburgers, french fries, drinks, lawn games and a great playlist of music! Save room for dessert! Call the “day of” if you need a ride. All residents are welcome!

A Quick Reminder About Recreation & Dining Etiquette

Our trips, activities, and meals are a big part of what makes Ridge Oak feel like a community. To keep these experiences enjoyable for everyone, we ask all residents to be respectful to staff and fellow residents during any Ridge Oak-sponsored event.

Please speak calmly, be mindful of your volume, and avoid conversations that could lead to tension, topics like politics or religion are best saved for private settings. If you're using a cell phone, keep it brief and quiet, and use headphones for anything with sound.



If you sign up for an activity or meal, let us know in advance if you can't make it. And if you're on the Ridge Oak bus, please follow the instructions from staff and be on time for the return trip.

Thanks for helping make our shared activities comfortable and welcoming for all. A full code of conduct will be posted separately.

Resident Wi-Fi

Ridge Oak offers free Wi-Fi to all residents. To participate, residents must first review and sign the Acceptable Use Agreement in order 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 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.

Resident Tech Support Team

Having trouble with your Wi-Fi, using Touchtown, or streaming shows on platforms like Netflix? Need assistance setting up a new TV? Ridge Oak can connect you with one of our Tech Support Residents. Contact Emma at Elanese@ridgeoak.org or call the office for more information.

Recreation Raffle

It's almost time for our raffle! If you've completed your first or second Recreation Stamp Card, please submit it to Emma by September 4. Be sure your name and apartment number are clearly written on the card. We'll announce the two lucky winners at the picnic on September 5!

Cooking Guidance

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

- Always use your range hood exhaust fan AND 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 the "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 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.

Scam Alerts

Be aware of a phone scam where someone uses voice-cloning technology to sound like your child or grandchild. The caller may claim they've been in an accident, arrested, or need money urgently—and ask you not to tell anyone. These scams can feel very real. If you get a call like this, stay calm, hang up, and call your loved one directly. Never send money or share personal information unless you're sure who you're speaking with.

Podiatry Services

Home Foot Care Services continues to be an option for residents who may benefit from podiatry care provided right in their apartments. The 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 even fractures. They are also able to order x-rays, bacterial cultures, and diagnostic ultrasounds—all at the bedside. 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 reach out to Molly in the Ridge Oak office.



Please note: Ridge Oak does not have a formal affiliation with, nor does it endorse, any specific podiatry 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 maybe they can be quickly

addressed before they turn into bigger problems. There is no cost for this service! Call the 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 the St. James Transportation Ministry, Ridge Oak is happy to assist with rides to routine medical appointments. To discuss availability for your specific appointment, contact Molly at the office at least 7 days in advance of the scheduled appointment.



Zufall Dental Van

The fully equipped and full service affordable and convenient Zufall Dental van continues to serve Ridge Oak residents. There is currently a waiting list for services. If you are interested in becoming a new patient, call the office to speak with Molly at 908-221-0266 or email mclark@ridgeoak.org.

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. Check the calendar for trips to Melicks Oldwick and

Alstede Farms. These local farms participate in the Farmers Market QR code program. Sign-up is required for these trips.

- 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 goes 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.

Always check the calendar for dates, times, and destination. If you are feeling sick, please consider the other passengers and stay home! Please 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*

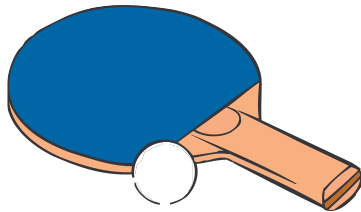
Call (908) 221-0266 or email the office.
Sreino@ridgeoak.org or Elanese@ridgeoak.org

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 be 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. 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-ups are required each month.

Chess - During bowling on Mondays, we have tables for chess players. If you would like to play chess, 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 – Stretching can be tricky—figuring out what to stretch, how long, and how hard can make it feel like a lot of effort. Jim Stamateris is offering free 20-minute assisted stretches on Wednesday, September 3 & 24. 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 – 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 different stretches and healthy movements to prevent overuse and compensation patterns in addition to strengthening exercises to build stability and control in your daily activity. 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 Megan Lynch-Smith from Fellowship, this class will help you learn to be more mindful of your posture while performing 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 unique and new approach to exercising. 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.

Ridge Oak Honey

A big thank you to everyone who helped with our honey extraction Friday, August 8! Over 30 residents joined in to uncap, spin, and bottle fresh honey samples.



If you haven't gotten your honey yet, don't worry, you haven't missed out! We'll need your help again soon. Keep an eye on the October Acorn for details about an upcoming group bottling event.

The High Notes

The High Notes will begin rehearsing for their Broadway Classics Concert on Wednesday, September 17 at 3pm. If you love musicals and want to join the choir next season, please reach out to Emma in the office!

Happy Hookers

Join your neighbors and friends on Fridays at 10 am in Felmeth Hall for all types of hand-work. 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 back to its regularly scheduled time on Fridays at 1 pm in Felmeth Hall. Cost of each card is \$1. Call the "day of" if you need a ride on the transporter. Ms. Candy will be calling Prize Bingo on Friday, September 12. 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 the 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. This 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.

Afternoon Movie

In honor of Labor Day, join us on Tuesday, September 2 at 1:30 pm in Felmeth Hall for a screening of the 1980 Oscar-nominated film *9 to 5*, starring Jane Fonda, Lily Tomlin, and Dolly Parton. This classic workplace comedy follows three female coworkers who team up to take on their egotistical boss—serving up laughs and a message about equality. Light snacks will be provided. Sign-up is required.

Table Games

Join us Wednesday, September 3 at 1:30 pm in Felmeth Hall for an afternoon of fun and games—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.

Learn to Line Dance

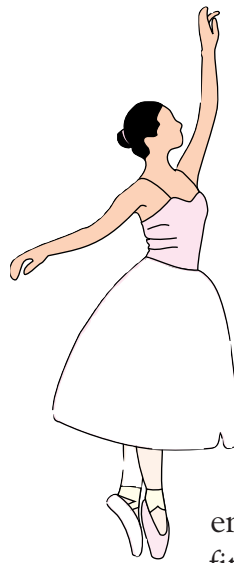
Join us for line dancing with Dave Farrell Thursday, September 4 & 18 at 2 pm in Felmeth Hall. A beginner class, no experience or partner needed! Line dancing is a fun way to improve coordination, boost cardiovascular health, and relieve stress. Come to watch or come to dance, everyone is welcome! Sign-up 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.

Round Valley Documentary

Join us Monday, September 8 at 2 pm in Felmeth Hall for a viewing of *Round Valley: The Town That Disappeared Overnight*. In this emotional 28-minute New Jersey documentary, a small town in Hunterdon County is erased forever to make way for a man-made reservoir. Discover the history behind the beautiful Round Valley Reservoir. Sign-up is required.

Barre Strength & Stability

Join us Tuesday, September 9 at 2:30 pm in the lower-level Wellness Center for a Barre Exercise Demo with Ashley from Fellowship. Discover the benefits of Barre. An uplifting, low-impact class designed to improve balance, posture, and flexibility. Using the support of a ballet barre or chair, participants perform gentle, dance-inspired movements that strengthen muscles, protect joints, and enhance stability. Perfect for all fitness levels, this class helps build confidence in everyday movement. Sign-up is required.



Let's Drum!

Join Emma for a drum circle on Wednesday, September 10 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. Everyone is welcome to come and experience the positive effects of rhythm and connection. No experience necessary, Sign-up is required.

Watercolor with Wendy

Tuesday, September 9, at 10 am in Village 12, Wendy Hallstrom from The Center for Contemporary Arts will lead a weekly

watercolor program. This class is adaptable for all levels, and no experience is required. Space is limited to 10 participants each week. Additional classes will be held on September 16, 23, & 30. Sign-up required. If you can't make it to the class, please be sure to cancel or you will be billed \$5.

Alstede Farm

The bus will leave Felmeth Hall at 10 am Thursday, September 11 for our second trip to Alstede Farm in Chester. Use your QR coupon to purchase fresh produce, explore the market, and visit the farm animals. Don't miss this chance to enjoy the farm and use your coupon before the season ends! Sign-up is required and space is limited, so reserve your spot soon!



Resident Showcase

Join us for a special afternoon of talent and creativity Thursday, September 11 at 2 pm! We'll be showcasing resident artwork, music, and more, with hors d'oeuvres and sparkling cider served. Come enjoy the talents on display, and share your own! If you'd like to participate, please contact Emma in the office. Sign-up is required to attend. All are welcome!

Coffee with Corey

Join Executive Director, Corey Hovanec, for a cup of coffee (or tea) on Friday, September 12 at 10 am 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.



Out to Eat

Friday, September 12, the bus will leave Felmeth Hall following Coffee with Corey at 11 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! Remember to bring your wallet. Space is limited. Sign-up required.

Karaoke Sing Along

Come to Felmeth Hall Monday, September 15 at 2 pm for a fun afternoon of music! Whether you'd like to 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. No pressure to sing, just come for the good company and great music. Sign-up is required.

Fall Boutique & Jewelry Sale

Lynn Kaplan, along with her friend & helper Mary Pagel will be here to sell Lynn's jewelry, scarves and other lovely items on Tuesday, September 16 from 10 am until 2 pm. This is a CASH ONLY event. Checks and credit cards will not be accepted. Proceeds from this sale will benefit Basking Ridge Rescue Squad. Call the "day of" if you need a ride.

Pokeno

Come on Tuesday, September 16 at 2 pm for a game of Pokeno in the Felmeth Hall Annex. Bring at least fifty pennies with you. Sign-up is required.

Life Conversations: Struggle, Perseverance, Hope

Join us Wednesday, September 17 at 10 am in Felmeth Hall for weekly conversations exploring life's struggles and how we find perseverance and hope. Led by Pastor Dave from Bishop Janes UMC, these discussions

welcome all perspectives and life experiences. Your years of navigating life's challenges bring valuable wisdom to these conversations. We'll explore stories and insights from various sources while sharing our own experiences of resilience and hope. Meetings will continue Wednesdays through November. All faith traditions are welcome, and all materials are provided. Community members outside of Ridge Oak are also welcome. Sign-up required.

Ageless Grace Fitness

Join us Wednesday, September 17 at 1 pm in the Wellness Center at Felmeth Hall. Ageless Grace is an innovative brain fitness program that activates your brain to improve and support cognitive function and revitalizes the physical skills needed to function every day. Sitting in a chair, you can enjoy this fun-filled class of simple, easy to follow natural movements while enjoying music. Anyone can participate at his or her own level of ability. This is a gentle impact fitness class. Wear comfortable clothes and footwear. Call the "day of" if you need a ride. Sign-up is required. Cancel by 4 pm the day before this event or you will be billed \$5.

Card Making

Thursday, September 18 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.

Millington Baptist Senior Luncheon

Friday, September 19 at 11:45 am, the bus will leave Felmeth Hall for Millington Baptist Church for the first senior luncheon of the

season. Each third Friday of the month, we'll have the opportunity to enjoy lunch and connect with friends in the community.

No cost to attend. If you'd like to bring a dish to share, it's most welcome. Sign-up is required for the bus. If you prefer to drive to the church, you do not need to sign up on Touchtown.

Miniature Golf & Lunch

Monday, September 22 at 10:30 am, the bus will leave Felmeth Hall and head to Mt. Freedom Golf in Randolph for a round of mini golf. Before heading home, we'll sit down at Antimo's Italian Kitchen for a slice of pizza. The cost of the trip is \$5, and you will be billed in October. Sign-up is required.



Cancel by 4 pm the day before the event, or you will be billed \$5.

Flu & Covid Clinic

Walgreens will be on-site to administer flu shots and COVID-19 boosters on Tuesday, September 23, from 9 am to 1 pm. Bring ID, Medicare/Medicaid, and supplemental insurance cards. There is no charge if you have insurance. Sign-up is required. You will be contacted with your appointment time. A limited number of vaccinations may be available for those without insurance. Inquire at sign-up. You are not required to receive both vaccinations, but it is safe to receive both at the same time.

Walk in a Park

As we transition from summer into fall and the weather begins to cool down, let's take advantage of the fresh air! Join us for a walk in one of our local parks Tuesday, September 23

and Tuesday, September 30. The bus will leave Felmeth Hall at 2 pm. Residents are welcome to bring their dogs (on a leash). If the weather is uncertain, call the office. Sign-up is required.

Living History: Mothers of Invention

Join us Wednesday, September 24 at 1 pm in Felmeth Hall for a special living history program. Carol Simon Levin portrays Lillian Moller Gilbreth, motion study pioneer and “Cheaper by the Dozen” mother of 12, and shares the stories of other overlooked women innovators, including many women of color. From Margaret Knight (the 19th-century “Female Edison”) to Hollywood star Hedy Lamarr, these “Mothers of Invention” helped shape our world—yet their achievements were often ignored, dismissed, or credited to others. Sign-up is required. Call the “day of” if you need a ride.

Share a Song

Wednesday, September 24 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.

Resident Spelling Bee

As the kids head into another school year, it’s a great time to check our spelling! Join us on Thursday, September 25 at 2 pm in Felmeth Hall for a fun and friendly resident competition. All participants will receive samples of our Ridge Oak Honey, and the top three spellers will win gift cards. There will be two sign-ups on Touchtown: one to attend and one to participate! You can always jump in at the last minute—this is meant to be fun and stress-free.

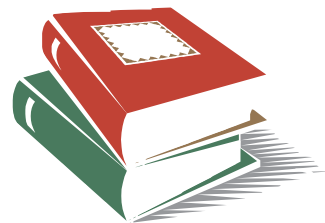
Making Art!

Friday, September 26 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 class offers step-by-step instructions. Cost is \$10, and you will be billed. Call the day of if you need a ride. Sign-up is required. If you do not cancel at least 24 hours in advance, you will be charged the \$10 fee.

Library Book Buggy

Book Buggy, a partnership of Ridge Oak and Bernards Township Library, returns on Friday, September 26 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, contact the library at (908) 204-3031 – option 2, or email your requests to circber@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.



YMCA Information Session

Join us Monday, September 29 at 11 am in the Lower Level Wellness Center for an engaging information session with Somerset Hills YMCA. Learn about the many benefits of YMCA membership, available to Ridge Oak residents at a special discounted rate. Representatives will be on hand to assist with sign-ups and will offer a demo of one of their popular exercise classes. Enjoy light snacks and giveaways while you explore this exciting opportunity. Sign-up is required.

Denville String Band

Join us Monday, September 29 at 7:30 pm in Felmeth Hall for the return of The Denville String Band. It is northern New Jersey's only Mummers-style band. The band is in its 70th year playing traditional music from Tin Pan Alley through the 1960s with a few newer songs. Band members are all ages from high school to retired and come from all over Morris County. Call the "day of" if you need a ride. Sign-up is required.



Resident Recommendation

Have you gone to a local restaurant or shopping establishment and want to share the news? Send detailed information to Emma at elanese@ridgeoak.org and we will highlight it in ACORNS.

Check out Cilento, at 37 Plainfield Road in Stirling. Open 7 days a week, they offer daily specials from 3 pm to 6 pm. Enjoy homemade authentic Italian cuisine, classic American fare, and traditional bar food in a welcoming atmosphere.

The Porch is a new coffee, tea, and bakery spot that just opened on South Maple Avenue. Stop by to enjoy the cozy décor, delicious treats, and warm, welcoming atmosphere of our newest neighbor!

Out & About *Local Happenings*

AOA Game Changers is a monthly event hosted at Somerset Hills YMCA on the first and third Tuesday of every month from 1 pm - 2:30 pm. The active older adult community comes together to enjoy games that differ every week on the first Tuesday of the month. Every

third Thursday Mexican Train will be the game of the day. These games can include (but are not limited to) bingo, trivia, charades and games suggested by participants. Program is FREE to members and \$5 per session for non-members. Come in and have some fun!

St. Mark's Fall Rummage Sale – St. Mark's Episcopal Church on Friday, September 12 & Saturday, September 13 from 9 am–2 pm.

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. The next dance is Saturday, September 13 at 7 pm. Middlesex Elks – 545 Bound Brook Road, Middlesex, NJ.

Back to Church Lunch – Following the 9:30 am service on Sunday, September 21, Bishop Janes United Methodist Church invites you to stay for lunch! Come enjoy good food and a wonderful opportunity for fellowship.

Annual United Women in Faith Clothing Sale – Bishop Janes Methodist Church on Friday, September 26 from 9 am –3 pm and Saturday, September 27 from 9 am – 2 pm.

Bernards Township Library Free Events

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

- In Person: How to Grow Houseplants- A Master Gardeners Program, Wednesday, September 3 at 7 pm.
- In Person: Ladies of History, Female Spies of World War II, Thursday, September 4 at 7 pm.
- Virtual: History of the TV Talk Show: From Carson to Oprah to Stephen Colbert, Tuesday, September 9 at 7 pm.

- In Person: Immigration and Ellis Island, Wednesday, September 10 at 7 pm.
- In Person: iPad and iPhone: Beyond the Basics, Thursday, September 11 at 2 pm.
- Live Concert! The Music of Duke Ellington and Bill Strayhorn, with Vinnie Cutro and Mitch Schechter, Sunday, September, 14 at 2 pm.

Your Privacy, Your Decision

It is up to you. If you would like your birthday published in ACORNS call or email Suzanne at the office – sreino@ridgeoak.org.



CALENDAR

Week of September 1st

- 1st Monday
OFFICE CLOSED-Happy Labor Day!
- 2nd Tuesday
10 am BUS Stirling & Gillette
11 am Table Tennis Open Play V12
12:30 pm Perfect Posture
1:30 pm Afternoon Movie
5 pm DINNER- Panko Tilapia
- 3rd Wednesday
10 am BUS Lyons Mall
10 am Mahjong
11:30 am "For the Men" Fitness
1:30 pm Table Games
5 pm DINNER- General Tso's Chicken
- 4th Thursday
10 am BUS Melick's Oldwick
10 am BUS Eucharistic Adoration
11:30 am Blood Pressure Clinic
12 pm LUNCH- Cheddar Quiche
2 pm Line Dancing
- 5th Friday
12 pm End of Summer Picnic

Week of September 8th

- 8th Monday
9:30 am Bowling
10 am BUS Bernardsville
11 am Chess
1 pm Yoga & Meditation
2 pm Round Valley Documentary
4 pm Tech Support
5 pm DINNER- Chicken Francese

- 9th Tuesday
10 am BUS Stirling & Gillette
10 am Watercolor with Wendy V12
11 am Table Tennis Open Play V12
12:30 pm Perfect Posture
2:30 pm Barre Strength & Stability
5 pm DINNER- Beef Short Ribs
- 10th Wednesday
10 am BUS Lyons Mall
10 am Mahjong
11:30 am "For the Men" Fitness
2 pm Let's Drum!
5 pm DINNER- Eggplant Parmesan
- 11th Thursday
10 am BUS Alstede Farm Chester
10 am BUS Eucharistic Adoration
11:30 am Blood Pressure Clinic
12 pm LUNCH- Turkey Club on Rye
2 pm Resident Showcase
- 12th Friday
10 am Coffee with Corey
10 am Happy Hookers
11 am Out to Lunch: Cracker Barrel
12:30 pm Functional Fitness
1 pm Bingo
5 pm DINNER- Crab Cake

Week of September 15th

- 15th Monday
9:30 am Bowling
10 am BUS Bernardsville
11 am Chess
1 pm Yoga & Meditation

2 pm Karaoke Sing Along
 4 pm Tech Support
 5 pm DINNER- Seasoned Flounder

16th Tuesday
 10 am BUS Stirling & Gillette
 10 am Watercolor with Wendy V12
 10 am Fall Boutique & Jewelry Sale
 11 am Table Tennis Open Play V12
 12:30 pm Perfect Posture
 2 pm Pokeno
 5 pm DINNER- Stuffed Shells

17th Wednesday
 10 am BUS Lyons Mall
 10 am Mahjong
 10 am Life Conversations
 11:30 am "For the Men" Fitness
 1 pm Ageless Grace Fitness
 3 pm High Notes Rehearsal
 5 pm DINNER- Meatloaf

18th Thursday
 10 am BUS New Providence Market
 10 am BUS Eucharistic Adoration
 10:30 am Card Making V12
 11:30 am Blood Pressure Clinic
 12 pm LUNCH- Chicken Cutlet
 2 pm Line Dancing

19th Friday
 10 am Happy Hookers
 11:45 am Millington Baptist Luncheon
 12:30 pm Functional Fitness
 1 pm Bingo
 5 pm DINNER- Baked Ham

Week of September 22nd

22nd Monday
 9:30 am Bowling
 10:30 am Miniature Golf & Lunch
 11 am Chess
 1 pm Yoga & Meditation
 4 pm Tech Support
 5 pm DINNER- Glazed Salmon

23rd Tuesday
 9 am Flu & Covid Clinic
 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 Walk in a Park
 5 pm DINNER- Vegetable Lasagna

24th Wednesday
 10 am BUS Lyons Mall
 10 am Mahjong
 10 am Life Conversations
 11:30 am "For the Men" Fitness
 1 pm Mothers of Invention
 2:30 pm Share a Song
 5 pm DINNER- Pork Lo Mein

25th Thursday
 10 am BUS Melick's Farm Oldwick
 10 am BUS Eucharistic Adoration
 11:30 am Blood Pressure Clinic
 12 pm LUNCH- Hot Beef Sloppy Joe
 2 pm Resident Spelling Bee!

26th Friday
 10 am BUS Walmart Manville
 10 am Happy Hookers
 10:30 am Making Art! V12
 12:30 pm Functional Fitness
 1 pm Bingo
 3 pm Library Book Buggy
 5 pm DINNER- Chicken Pot Pie

Week of September 29th

29th Monday
 9:30 am Bowling
 10 am BUS Bernardsville
 11 am Chess
 11 am YMCA Information Session
 12 pm LUNCH- Chicken Salad
 1 pm Yoga & Meditation
 4 pm Tech Support
 7:30 pm Denville String Band

30th 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 Walk in a Park
 5 pm DINNER- Philly Cheesesteak