

ACORN

VOLUME 47, ISSUE 3 MARCH 2024

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

908/221-0266

FAX: 908/221-0042

www.ridgeoak.org

Office Closed

The office will be closed Friday, March 29 in observance of Good Friday. No meal will be served. Happy Easter!

Daylight Savings Time

Saturday, March 9, turn your clock ahead one hour before you go to bed. The time will officially change at 2 am Sunday, March 10.

Weather Delays

In case of inclement weather, before you leave the warmth of your apartment, please call the office to see if the bus and/or activities have been delayed or cancelled.

Ridge Oak Medical Transportation

Our latest resident survey identified transportation as a top priority for residents. We are running a pilot program for transportation to routine medical appointments. The aim of this program is to assess residents' interest and feasibility. Limited by when our shopping bus and driver is available, this service is provided Monday, Tuesday, & Wednesday afternoons. If you wish to use this service, please schedule your doctor's appointments accordingly. Call Molly at the Ridge Oak office to discuss the parameters and transportation availability.

Tax Preparation at Ridge Oak

2023 Income Tax

Friday, March 8 & 15, VITA team (Volunteer Income Tax Assistance) from Bernards Township Library will schedule appointments at Ridge Oak in Felmeth Hall to help residents who need to file income tax. Our site coordinator is Joe Ryder.

The big question: "Do I or do I not have to file?"

If you are over 65 and single you do not need to file income tax forms unless:

- Your income in 2023 from sources other than Social Security was greater than \$15,700
- Or
- One half (50%) of your Social Security plus all your other income was greater than \$25,000.
- Or
- You had taxes withheld from your pension or earnings and wish to file for a refund.

To make an appointment or have a question for our volunteer, Joe Ryder, leave a message at Bernards Township Library, 908-204-3031 ext. 2, and he will get back to you.



Scam Alerts

Beware of phone calls or e-mails from someone you do not know asking you to go to the store to buy a gift card. Here is the “pitch,” you are directed to buy one or more gift cards—often referred to as “electronic vouchers”—as a quick means of making payment. You are then told to share the numbers on the back of the gift cards, by reading them off or sending a picture. The scammer then has what he wants—access to the money you loaded on the card.

Staff also reports getting bogus text alerts from UPS and US Postal Service. **DO NOT REPLY** or call or go to the website. A staff member also got a text alert that a debit card was blocked with a bogus phone number to call. All are SCAMS!

Affordable Connectivity Program Update

Due to a lack of additional funding from Congress, the FCC (Federal Communications Commission) must start taking steps to wind down the Affordable Connectivity Program (ACP). This is the program that gives you a discount on your internet bill. The FCC projects that households enrolled in the ACP will continue to receive the discount on their internet service through April 2024. This date is an estimate and may change. Please contact your internet company if you have questions about how the end of the ACP will affect your monthly bill and to ask about the options available to you.

Podiatrist

Our new visiting Podiatrist began seeing residents in January. With over 25 years of experience, Dr. Sharon Root provides gentle and compassionate foot care. Please call the office at (908) 221-0266 to schedule your podiatry appointment. Dr. Root will be here

Tuesday, March 12. Ridge Oak is happy to help coordinate this service for you, and we are pleased to have Dr. Root join us!

Zufall Dental Van

The full service affordable and convenient Zufall Dental van will return to Ridge Oak in March. 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.

Blankets for Babes

We will continue our baby blanket project until March 15. Let's see how many blankets, hats, and booties you can knit or crochet. You can use your own yarn, or we can provide some for you. We will keep track, so whoever makes the most will win a \$50 Shop Rite gift card, and the best part is everything made will be gifted to the mothers and babies at The Center for Great Expectations at the end of the month. Call Emma at the office if you have questions.



Recreation Lottery

If the number of people signed up exceeds available spaces for a recreation event on the first day of sign-ups, a lottery will be conducted at 4 pm. Notifications about securing a space through the lottery or being placed on the waiting list will follow. Signing up after 4 pm will automatically add your name to the waitlist (after those who did not secure a space through the lottery). This method ensures fairness, accommodating those signing up via Touchtown, phone calls, or office visits.

Brain Boosters

Looking for some crosswords, word searches and brainteasers to keep your mind sharp and your hands busy? See Emma in Felmeth Hall or call the office for your monthly copy to be dropped off at your door.

Shopping Bus

Shopping bus departure time is 10 am! Please be sure you know what time the bus is heading back to Ridge Oak. Have a watch or your phone with you and plan for extra time at check out. The bus will not always wait, and it will be up to you to find your way back home!

There is 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! Sign-up for the shopping bus is required.

From Congregate - *Shannen*

Just 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.

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

Mondays - Wii Bowl & Chess

Mondays - Bridge to Success

Mondays - Chair Yoga

Tuesdays - Perfect Posture

Tuesdays - Mahjong

Wednesdays - BRPC Lenten Service

Thursdays - Pastor Dave Does Lent

Thursdays - Prayer Group

Fridays - Wii Bowl

Fridays - Happy Hookers

Fridays - Strength & Endurance

Fridays - Bingo

Tuesday, March 5 - Unexpected First Ladies

Wednesday, March 6 - Share a Song

Wednesday, March 6 & 13 - The High Notes

Thursday, March 7 - Book Buggy

Tuesday, March 12 - Brain Aerobics - Trivia

Thursday, March 14 - Ecumenical Service

Thursday, March 14 - Table Games

Friday, March 15 - Card Making!

Tuesday, March 19

St. Patrick's Day Celebration

Thursday, March 21 - Pokeno

Friday, March 22 - Coffee with Bonnie

Friday, March 22

Irish Harp at the Library

Tuesday, March 26

Creative Coloring & More

Wednesday, March 27- Cardio Drumming

Thursday, March 28

Meet with Molly & Joyce

Mahjong Lessons

Mahjong is a traditional Chinese tile-based game. Players aim to 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.

Join Sylvia Rubin for Mahjong on Tuesday mornings from 9:30 to 11:30 am in Felmeth Hall starting March 5th. No experience is necessary. Come and learn a new game that will sharpen your mind and give you a boost of energy! We are limited to 4 to 6 players for each "round" of sessions as it will take more than a week to learn the game. If you decide you want to join us, plan on a 6-to-8-week commitment. Sign-up is required. Contact Emma in the office with any questions.

Wii Bowl & Chess

No Wii Bowl Friday, March 22, Monday, March 25 & Friday, March 29. **No Chess** Monday, March 25.

Wii bowling is played Mondays & Fridays at 10 am and 11 am in Felmeth Hall. Only 4 people each hour.



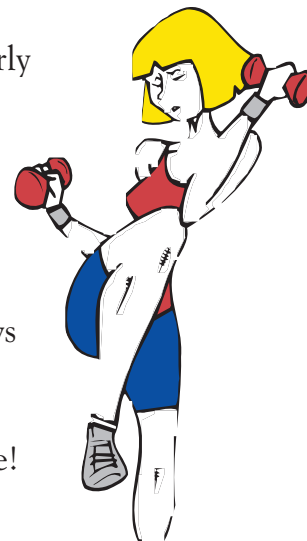
No experience required. Stop by to see if you want to try Wii bowling. Call the office to check availability. Sign-up required each month.

Chess – During Wii Bowl 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!

Chair Yoga – Mondays at 1:30 pm in the Wellness Center. Led by Michele Gorka from Fellowship, this class flows through both seated and standing yoga postures. All fitness levels welcome! Sign-up is required.



www.twitch.tv/ridgeoakrecreation to enjoy from home OR in Touchtown click on the "Ridge Oak Live Events" icon to connect.

Perfect Posture – Tuesdays at 12:30 pm in the Wellness Center. Led by Megan Lynch-Smith from Fellowship. In this class you will perform stretches and exercises to help improve postural alignment. All fitness levels welcome! Sign-up is required.

Strength & Endurance – Fridays at 11 am (no class on Friday, March 29) in the Wellness Center. Led by Catherine Perez, Group Fitness Instructor and Personal Trainer, this class will get your heart pumping with a total body workout, combining strength, balance, and flexibility exercises using free weights, resistance bands, and body weight. All fitness levels welcome! Sign-up is required.

The High Notes

If you would like to sing in the Ridge Oak choir, call or email Emma, elanese@ridgeoak.org. You do not need to read music to join, just a love of singing! Rehearsals are Wednesday, March 6 & March 13 at 3 pm in the lower-level Wellness Center of Felmeth Hall. We will perform on Tuesday March 19 at 1:30 pm.

Happy Hookers

No Happy Hookers Friday, March 29. Join your neighbors and friends on Fridays at 10 am in the Felmeth Hall ANNEX for a social time doing all types of hand work. Knitters, cross stitchers, quilters, and embroidery lovers are all invited. We have some real experts in the group that can teach and guide you. Call the “day of” if you need a transporter ride. Sign-up is required.

Bingo

No Bingo Friday, March 29. Bingo is played 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. Sign-up is required to play each week.

Prayer Group

Our resident led prayer group is held every Thursday at 3:30 pm in the Felmeth Hall Annex. ALL residents are welcome to attend. Sign-up is required.

Bridge to Success

Monday, March 4, 11, 18 & 25 at 12 pm, Cheryl Pignatelli from Empower Somerset will offer an 8-week Stress Management series that will run through April. Bridge to Success aims to teach coping strategies, effective communication, social support, and healthy living skills. This program includes lunch at every session, prizes for participation and a \$50 gift

card for program completion (you must attend six out of the eight sessions to receive the gift card). Space is limited. Sign-up is required. Call the “day of” if you need a ride.

Unexpected First Ladies

Tuesday, March 5 at 10 am in Felmeth Hall, we have a special program for Women’s History Month. Join historic program presenter, Joan Schaible, as she explores the women who unexpectedly became First Ladies when their Vice-Presidential husbands assumed the Presidency after a death or resignation. Through images and props, history comes alive as we learn how each of these women assumed this unexpected position and proved herself on a national stage. Sign-up is required.

BRPC Lenten Service

Wednesday, March 6, 13, & 20 the bus will leave at 11:30 am for Basking Ridge Presbyterian Church for a special Lenten Service. Lunch follows each service. Sign-up is required for each week that you plan on attending. Over the past several years, Basking Ridge Presbyterian Church has presented a series of beautiful music, reflective prayers, passages from famous quotes and poems, and the powerful reading of scripture during the season of Lent. These elements are woven together during a 30-minute service in the church’s historic sanctuary and feature musicians from the region.



Share a Song

Wednesday, March 6 at 2 pm, join Emma in the lower-level Wellness Center of Felmeth Hall for some fun music listening. Bring the name of a song you would like to share with

the group. We'll listen to a recording, reminisce and sing along. Emma will access the music using YouTube. You don't need to share a song to come enjoy the music! Sign-up is required.

All music that has been played in previous Share a Song programs can be accessed through Touchtown App under "Recreation Resources". If you have questions, ask Emma. We have a great playlist that you can listen to from home!

Book Buggy

Book Buggy returns Thursday, March 7 at 2 pm. If you would like the Buggy to stop at your apartment, call the Ridge Oak office so we can plan our route. To request a specific item delivered to your door on March 7, call the library at (908-204-3031, opt 2) and tell them you would like the item brought to Ridge Oak with the next Book Buggy OR email requests to circ-ber@mainlib.org.



Pastor Dave Does Lent

Pastor Dave continues his 6-week Lenten series on Thursday, March 7, 14 & 21 at 10 am in Felmeth Hall. Lent is the 40 days (not including Sundays) from Ash Wednesday to the Saturday before Easter. The season of lent can be a time for personal reflection that prepares people's hearts and minds for Good Friday and Easter. Don't worry if you missed last month! Come to one or come to all. Residents of ALL faith traditions are welcome! Call the "day of" if you need a ride. Sign-up is required each week.

Brain Aerobics Trivia

Tuesday, March 12 at 2 pm in Felmeth Hall, join Emma for some trivia and other fun games that will help to stimulate our brains. A unique way to be with your friends and neighbors while exercising your memory and testing your knowledge! Call the office the "day of" if you need a ride. Sign-up is required.

Tech Teens

Would you like assistance setting up a new device, configuring your email, or learning how to download programs onto your phone or tablet? On Wednesday March 6, 20, & 27 from 3 pm to 4:30 pm in the Felmeth Hall lower level computer room, we will have a knowledgeable volunteer from Ridge High School here to assist in English or Mandarin. To work one-on-one with our Tech Teens, advanced sign-up is required. Emma will call to assign you to your 30-minute time slot and confirm the tech support you are requesting. Space is very limited. If you need to cancel, please let us know.

Ecumenical Service

Father Rick from St. Mark's Episcopal Church will lead the Ecumenical Service at the start of Pastor Dave's Lenten Bible study on Thursday, March 14 at 10 am. ALL are welcome! Call the "day of" if you need a ride.

Table Games

Join us Thursday, March 14 at 2 pm in Felmeth Hall for games such as Scrabble, Rummikub, UNO, cards and more. Bring any other games you might like to play. Call the "day of" if you need a ride. Sign-up is required.

Card Making

Friday, March 15 at 1 pm in Village 12, join Brenda Miller for card making. We will make greeting cards using stamps, inks, and paper. All supplies provided and all crafting levels welcome! Call the “day of” if you need a ride. Space is limited to 15. Sign-up is required.

St. Patrick's Day Celebration

Join us on Tuesday, March 19 at 1:30 pm in Felmeth Hall for a St. Patrick's Day Celebration with tea and scones, featuring Irish tunes from Ridge Oak's High Notes choir and an exceptional performance from fiddle and uilleann (Irish) pipe duo, Brian Szura, and Charlie Sporn. Sign-up is required. Sign up before Friday, March 15 so we get an accurate count for the scones. Call the “day of” if you need a ride.



Pokeno

Come out on Thursday, March 21 at 2 pm for Pokeno. Bring (at minimum) 50 pennies with you. Sign-up is required.

Coffee with Bonnie

Always a fun and informative event! Friday, March 22 at 9:30 am in Felmeth Hall, bring your questions and suggestions for Bonnie and the Ridge Oak team. Coffee and tea are served with a smile. No sign-up required.

Irish Harp at the Library

Friday, March 22 at 2 pm we will go to Bernards Township Library for a special concert. Visiting from Ireland for two weeks only, traditional singer, Seosaimhín Ní

Bheaglaoich and harpist, Kim Fleming will delight with a feast of great Irish traditional songs. If you need a ride, sign-up is required. You can also register with Bernards Township Library on your own and meet us there.

Creative Coloring & Puzzles

Join us Tuesday, March 26 at 2 pm in Village 12 for some creative coloring and more. Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. No artistic talent needed! Art supplies will be provided, or you may bring your own. If art isn't your thing, we have jigsaw puzzles as well as crosswords and wordsearches. Sign-up is required. Call the “day of” if you need a ride.

Cardio Drumming

Wednesday, March 27 at 2 pm, grab some drumsticks, explore your rhythm, and move along to choreographed drumming with Emma. This is a unique opportunity to get in some exercise while having fun and listening to music! We will be stretching, moving, and singing along right from our chairs! All materials are provided! We are limited to 14 residents. Sign-up is required.

Meet with Molly & Joyce

Meet with Molly, Social Services Coordinator, and our Nurse from Fellowship, Joyce, on Thursday, March 28 at 10:30 am in Felmeth Hall Wellness Center to learn more about in-home health services. Molly will go over different options of receiving healthcare services in the comfort of your own home, offering even more privacy and convenience than going to a doctor's office. Meet with Joyce privately following the presentation to have your blood pressure taken. Gift card door prizes will be raffled at the end of the session. Sign-up is required.

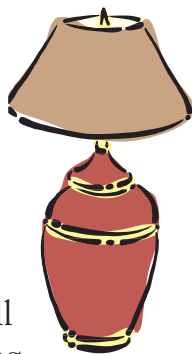
Save the Date

Thursday, April 25, we will take a trip on a charter bus to New Jersey Performing Arts Center in Newark. We will leave at noon for the 2 pm performance of Shen Yun returning around 6 pm. Shen Yun is a brilliant artistic revival and celebration of China's rich cultural heritage. More details to follow. Sign-ups start Monday, April 1. The deeply discounted, special price is \$25 per Ridge Oak resident.

Spring Cleaning

The upcoming months will present two opportunities to do some spring cleaning. Tuesday, April 9 we will collect items to be donated to St. Marks Episcopal Church rummage sale. Items can be placed outside your door on April 9 and we will collect them. No drop offs at the office! Household items, working electronics, books, games, jewelry, lamps and small furniture items will be collected. No clothes or large furniture. Please call Ridge Oak office no later than Monday April 8th at noon to let us know if you will place items outside your apartment for collection. This is a good opportunity to donate items for a good cause.

Tuesday, June 4 students from Ridge High School will be on site for the third annual "Ridge Gives Back" event. Students will pick up household items (such as lamps, tables, chairs, etc.) to be discarded. They will also pick up paperwork which will be shredded by Security Shredding. See May Acorns for details.



Resident Recommendation

Have you gone to a local restaurant or shopping establishment and want to share the good news with friends and neighbors? Send

detailed information to Emma at elanese@ridgeoak.org and we will highlight it in ACORNS.

- This month Bob and Ted (of villages 9 and 11) want to recommend "Eat Well Modern Buffet" at 1250 US Highway 22 East, North Plainfield, 908-941-4118. Bob and Ted like the Monday evening seafood buffet. It's a reasonable price and plentiful.

Out & About

Local Happenings

Bernards Township Library Events in March

For all virtual programs, registration is required to receive Zoom link @ BernardsLibrary.org or (908) 204-3031 x116.

- In Person Live Music - Hotter than a Pepper Sprout, Americans Music with Nina et Cetera, Sunday, March 3 at 2 pm.
- Virtual - Preventing Identity Theft: A Consumer Protection Week Program, Monday, March 4 at 11 am.
- Virtual - No Irish Need Apply: The History of Irish in Boston, Monday, March 11 at 7 pm.
- In Person - The Story of the Beach Boys with Rock Historian Vinnie Bruno, Wednesday, March 13 at 7 pm.
- In Person - Irish Tune with Jazz Singer Maggie Worsdale, Sunday, March 17 at 2 pm.
- Virtual - Peace in 2024 with Meditation, Thursday, March 28 at 7 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 March 1st

1st Friday
 10 am BUS Lidl
 10/11 am Wii Bowl
 10 am Happy Hookers
 11 am Strength & Endurance
 1 pm Bingo
 5 pm DINNER – Lobster Cake

Week of March 4th

4th Monday
 10/11 am Wii Bowl
 10 am BUS Bernardsville
 11 am Chess
 12 pm Bridge to Success
 1:30 pm Chair Yoga
 5 pm DINNER – Baked Ham

5th Tuesday
 9:30 am Mahjong
 10 am Unexpected First Ladies
 10 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 5 pm DINNER – Spinach Quiche

6th Wednesday
 10 am BUS Lyons Mall
 11:30 am BRPC Lenten Service
 2 pm Share a Song
 3 pm Tech Teens
 3 pm The High Notes
 5 pm DINNER – Gen. Tso's Chicken

7th Thursday
 10 am Pastor Dave Does Lent
 10 am BUS Farmers Market
 12 pm LUNCH – Hot Beef Sloppy Joes
 2 pm Book Buggy
 3:30 pm Prayer Group

8th Friday
 10 am BUS Uncle Giuseppes & Kohls
 10 am Wii Bowl
 10 am Happy Hookers
 11 am Strength & Endurance
 1 pm Bingo
 5 pm DINNER – Shrimp Scampi

Week of March 11th

11th Monday
 10 am BUS Bernardsville
 10/11 am Wii Bowl
 11 am Chess
 12 pm Bridge to Success
 1:30 pm Chair Yoga
 5 pm DINNER –Orange Ginger Pork Loin

12th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 2 pm Brain Aerobics-Trivia!
 5 pm DINNER – Fried Chicken

13th Wednesday
 10 am BUS Lyons Mall
 11:30 am BRPC Lenten Service
 3 pm The High Notes
 5 pm DINNER – Ziti and Meatballs

14th Thursday
 10 am BUS Farmers Market
 10 am Ecumenical Service & Pastor Dave
 12 pm LUNCH – Turkey Sandwich
 2 pm Table Games
 3:30 pm Prayer Group

15th Friday
 10 am BUS Walmart-Manville
 10 am Happy Hookers
 10/11 am Wii Bowl
 11 am Strength & Endurance
 1 pm Bingo
 1 pm Card Making- V12
 5 pm DINNER – Corned Beef & Cabbage

Week of March 18th

18th Monday
 10 am BUS Bernardsville
 12 pm Bridge to Success
 1:30 pm Chair Yoga
 5 pm DINNER – Chicken Pot Pie

19th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 1:30 pm St. Patrick's Day Celebration
 5 pm DINNER – Stuffed Shells

20th Wednesday
 10 am BUS Lyons Mall
 11:30 am BRPC Lenten Service
 3 pm Tech Teens
 5 pm DINNER – Meatloaf

21st Thursday
 10 am BUS Farmers Market
 10 am Pastor Dave Does Lent
 12 pm LUNCH – Liverwurst on Rye
 2 pm Pokeno
 3:30 Prayer Group

22nd Friday
 9:30 am Coffee with Bonnie
 10 am BUS Bernardsville
 10 am Happy Hookers
 11 am Strength & Endurance
 1 pm Bingo
 2 pm Irish Harp at the Library
 5 pm DINNER – Panko Tilapia



Week of March 25th

25th Monday
 10 am BUS Bernardsville
 12 pm Bridge to Success V12
 1:30 pm Chair Yoga
 5 pm DINNER – Seafood Newburg

26th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 2 pm Creative Coloring & Puzzles V12
 5 pm DINNER – Roasted Turkey

27th Wednesday
 10 am BUS Lyons Mall
 2 pm Cardio Drumming
 3 pm Tech Teens
 5 pm DINNER – Eggplant Rollatini

28th Thursday
 10 am BUS Farmers Market
 10:30 am Meet with Molly & Joyce
 12 pm LUNCH – BBQ Chicken Sliders
 3:30 pm Prayer Group

29th Friday
 OFFICE CLOSED