

ACORNS

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Office Closed

The office will be closed Monday, May 26 in observance of Memorial Day.

May Notable Dates

May Day (Thursday, May 1) A celebration of spring and, in many countries, a day to recognize workers and their contributions.

Cinco De Mayo (Thursday, May 5) Celebrates the decisive victory of Mexico over the French in 1862 which created a sense of national unity and patriotism among the Mexican people.

Mother's Day (Sunday, May 11) A special day to honor mothers and those who've nurtured and cared for others throughout their lives.

Ascension Day (Thursday, May 19) Commemorates Christ's return to heaven after his resurrection, 40 days after Easter.

Memorial Day (Monday, May 26) A Day of remembrance in the United States [for all military personnel who have given their lives in service to the]country.

New Executive Director

Tuesday, April 1, the Board of Directors of Ridge Oak Senior Housing announced that Corey Hovanec will be the new Executive Director of our community. Corey has worked at Ridge Oak for 10 years in various roles and brings a wealth of knowledge and enthusiasm to his new position.

Bonnie Kelly will remain on staff in a part-time capacity to support this leadership transition and will assume responsibility for special Board initiatives, including the planned funding and construction of Ridge Oak IV. As many of you know, Bonnie has served as Executive Director of Ridge Oak for 25 years.

Ridge Oak IV Update

April 15, the ordinance creating the senior housing zone for Ridge Oak IV passed the Bernards Township Committee that will help them with their state mandated 4th round affordable housing obligation. The Committee meeting was packed with Ridge Oak residents, staff and board members! While this is an early victory in a long process, we are one step closer (and it was a BIG step) to providing more affordable housing to seniors in need.

Ridge Oak Resident Wi-Fi

We've started installing new wireless access points in resident apartments. These will be mounted on the ceiling and will give you access to Ridge Oak's free Wi-Fi network, using your own unique login information.



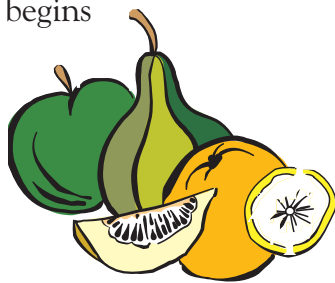
If your apartment hasn't been worked on yet, you will receive notice regarding the date the contractor will access your apartment.

Once the project is finished, you'll be able to connect devices like cell phones, tablets, computers, and even smart TVs to the internet—at no cost to you. This service is completely optional, but available for anyone who would like to use it. We expect the work to be done sometime this summer.

To learn more about the service or to ask any questions, join us for an informational session at Felmeth Hall on Wednesday, May 15 at 3 pm. Sign up is required.

Farmers Market QR Codes

Farmers Market season begins in June! Ridge Oak will be distributing \$50 QR codes to eligible residents (\$100 for couples) to use at participating Farmers Markets.



To qualify in 2025, your gross monthly income must be:

- \$2,412.71 or less for individuals
- \$3,260.63 or less for couples

Please note: These income limits are based on your income before any medical deductions, such as your Medicare Part B premium. If you're unsure about your eligibility, contact Molly Clark in the office or email her at mclark@ridgeoak.org.

Please sign up via Touchtown, or by calling the office. Sign-up deadline is Friday, May 30. The day to pick up QR codes is Thursday, June 12. You will be called at the beginning of June with your assigned pick-up time. Information on where the codes can be used will be available at that time.

Scam Alerts

The IRS will NEVER call you. The Social Security Administration will NEVER call you. Be alert and be aware. Do not answer the phone if you do not recognize the number and NEVER click on a text or an e-mail link from someone you do not know!

Meal Program Reminder

Our dining program is primarily designed for in-person socialization. When possible, we accommodate home deliveries for residents who are ill. We can only deliver a limited number of meals each day. To request a delivery due to illness, contact Shannen in the Ridge Oak office no later than 3 pm on the day of the meal. No requests for packaged/takeaway meals should be made in the dining room or to Galley Crew members. Residents may not pick up meals for other residents.

Podiatry Services

We have identified a new podiatry provider that may be of interest to our residents, Home Foot Care Services. Their specialty is home podiatry visits. They do the trimming of hard to cut toenails, ingrown nail surgery, diabetic and pressure ulcer care, treatment of gout, lower extremity infections, foot and ankle sprains and even fractures.

Home Foot Care Services can order x-rays, bacterial cultures, and diagnostic ultrasound all "at a bedside." They accept Medicare Part B and supplemental secondary insurances.

If you are interested, contact Molly at the Ridge Oak office. Ridge Oak does not have any affiliation agreement with, nor do we endorse any specific health care provider for podiatry services.



Resident Garden

We have a brand-new community garden behind the Ridge Oak maintenance barn with over 32 handicapped-accessible garden beds available for residents. Garden beds have been assigned through a lottery system and residents have been notified.



Remember to be kind and courteous to your neighbors. Please only plant in your assigned spot. Pots and planters are no longer allowed along the perimeter of the fence and there is no gardening during quiet hours! If you have questions or concerns regarding the garden, please contact Emma Lanese in the office.

Quilt Raffle Winner

Congratulations to our resident who won the beautiful blue and green quilt made by Bonnie's sister Pat. Thank you to everyone who bought tickets and contributed. We raised \$408 that has been donated to Basking Ridge Rescue Squad.

Jewelry Sale

April 2 Spring Boutique at Felmeth Hall was another wonderful success! Many thanks to Lynn Kaplan and Mary Pagel. They raised \$500 which was split between Make a Wish Foundation and Basking Ridge Rescue Squad. Thank you to everyone who came out to support the sale and these wonderful organizations.

Happy Birthday

Saturday, May 31st, our favorite mail carrier, Sukesh, will celebrate his birthday. Take a moment to wish him a Happy Birthday!

Thank You

If you attended the Intergenerational Dinner Dance at Pingry on Tuesday, April 8, please consider sending a note of gratitude:

Pingry School
c/o Ms. Bianca Cabrera
131 Martinsville Road
Basking Ridge, NJ 07920

Get Out & Vote

NJ Primary Election is Tuesday, June 10. Your POLLING Place is Felmeth Hall!

Voter Registration Applications are available from the Ridge Oak office or by visiting the Somerset County Board of Elections website at www.co.somerset.nj.us/elections. Registration deadline is 21 days before an election. Please do not wait to register. Voter registration forms are due by May 20.

Applications for a Mail in Ballot are also available from the office or via the 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 June 3. Voters also now have an option of automatically receiving a Mail-In Ballot for each General Election.



Wellness Nurse

Ridge Oak has a Wellness Nurse on site every Tuesday & Thursday. Eunice from Fellowship Life is available to answer questions about any health concerns so they can be quickly addressed before they turn into bigger problems. There is no cost for this service!

Call 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 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

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.

Event Attendance Policy

Emma, Shannen, and the Ridge Oak team work hard to plan activities and meals for everyone to enjoy. We kindly ask that you respect the staff and your fellow residents by showing up and arriving promptly for any activity or meal for which you've signed up.

When residents don't arrive on time, staff may need to check in to ensure everything is okay, which disrupts the event for others. Make a note on your calendar or enable Touchtown notifications as a reminder for events for which you've signed up. If you need assistance enabling notifications, contact Shannen at the Ridge Oak office. If you cannot make an event, please cancel by calling the office or cancelling in the Touchtown app.

For an event involving an outside group, vendor or organization, you **MUST** cancel by 4 pm the day before the event or you will be billed \$5. This requirement will be noted in the event description.

Shopping Bus

NO SIGN UP required for routine shopping bus runs! The shopping bus departure time is 10 am.

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

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

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

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

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 - Bowling & Chess

Mondays

Breath & Balance: Yoga & Meditation -
NEW

Mondays & Wednesdays

Chinese Traditional Exercise V12

Mondays - Watercolors with Wendy V12

Tuesdays - Perfect Posture

Tuesdays - Mahjong

Tuesdays - Table Tennis Open Play V12

Wednesdays - A Spiritual Journey of Grief

Wednesdays - "For the Men" Fitness

Thursdays

St. James Eucharistic Adoration

Thursdays - Blood Pressure Clinic

Fridays - Happy Hookers

Fridays - Functional Fitness - NEW

Fridays - Bingo

Thursday, May 1 - Liberty Science Center

Sunday, May 4 - Pancake Breakfast

Sunday, May 4

Afternoon Concert at Ross Farm

Tuesday, May 6

Arsenic and Old Lace

Wednesday, May 7 - Share a Song

Thursday, May 8 & May 22

Learn to Line Dance

Thursday, May 8 - Library Book Buggy

Monday, May 12 - Tech Support

Tuesday, May 13 - Walk in a Park

Wednesday, May 14

Bernardsville Cinema Outing

Thursday, May 15 - Garden Party V12

Thursday, May 15 - All About Wi-fi

Friday, May 16 - Coffee with Corey

Friday, May 16 - Making Art V12

Monday, May 19 - Team Trivia

Tuesday, May 20 - Mental Health Matters

Tuesday, May 20 - ECC Walk & Talk

Wednesday, May 21

Ageless Grace Fitness

Wednesday, May 21 - Bus Safety Evaluation

Thursday, May 22 - Ecumenical Service

Friday, May 23 - Card Making V12

Tuesday, May 27 - Pingry Pottery Painting

Wednesday, May 28 - Karaoke Sing Along

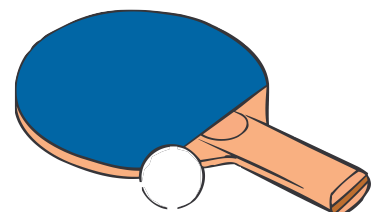
Thursday, May 29 - Getting to Know You

Friday, May 30 - Northlandz & Lunch

Sunday, June 1 - Pizza & Prize Bingo

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 Tuesday mornings from 9:30 am to 11:30 am in Felmeth Hall. A traditional Chinese tile 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. Contact Emma in the office if you are interested in learning. Sign-up is required.

Bowling & Chess



No bowling or chess on Monday, May 26. Bowling games are played on Mondays at 9:30 am and 10:30 am. Only four people each hour. 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 more information.

Exercise Series

All classes are held in the lower-level Wellness Center at Felmeth Hall.

NEW TIME Breath & Balance: Yoga & Meditation - No Class Monday, May 26. Mondays at 1 pm in the Wellness Center. Led by Michele Gorka from Fellowship, this class will introduce breathing exercises, flow through both seated and standing yoga postures and finish with meditation practice. All fitness levels welcome! Sign-up is required. Cancel by 4 pm the day before class or you will be billed \$5.

“For the Men” Fitness - Classes on Wednesdays at 11:30 am in 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, in addition to strengthening exercises to build stability and control. Each month, the class will focus on a new area of the body, incorporating dynamic, static, and active stretching as warmups plus strength and mobility exercises. At the end of each month, you’ll get handouts covering all the exercises and stretches, so you can keep up with your routine at home. 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, in this class you will perform stretches and exercises to help improve postural alignment. All fitness levels welcome! Sign-up is required. Cancel by 4 pm the day before class or you will be billed \$5.

NEW Functional Fitness - Jim Stamateris will lead a group exercise class on Fridays at 12:30 in the Wellness Center. This class will focus on dynamic movement and incorporate different styles of exercise routines. From dynamic stretches to circuit-based exercises, to strength training, each month will showcase a different combination. If you feel you aren’t “fit enough” for the class, every exercise will have modifications based on your level. This is a great opportunity to jump start your summer activity! All fitness levels welcome! Sign-up is required. Cancel by 4 pm the day before class or you will be billed \$5.

Ridge Oak Honeybees

Spring is here and we have three hives! We will spend the next few weeks checking the bees for mites, feeding them and getting ready to put on the honey supers. If you have questions about the honeybees or want to get involved with taking care of the apiary (you do not have to be around the bees to help) contact Emma at the office.

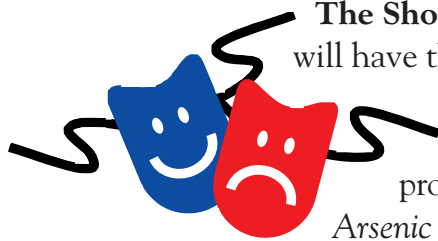


The High Notes

The High Notes will begin rehearsal for their spring concert on Wednesday, May 7 & May 28 at 3 pm in the lower-level Wellness Center. This season's theme is Juke Box! If you are interested in singing, please call or email Emma, elanese@ridgeoak.org.

Shoestring Players

The Shoestring Players will have the final dress rehearsal for the spring production of *Arsenic and Old Lace* on Monday May 5 at 11:30 am in Felmeth Hall.



Happy Hookers

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

Bingo

Bingo is played Fridays at 1 pm in Felmeth Hall. Cost of each card is \$1. Ms. Candy will call prize bingo Friday, May 2. Call the "day of" if you need a ride on the transporter. Sign-up is required to play each week.

Blood Pressure Clinic

Thursdays at 11:30 am, our nurse Eunice hosts a weekly blood pressure clinic in Felmeth Hall Annex. 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 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.

Liberty Science Center

Thursday, May 1 at 10 am, the bus will leave Felmeth Hall for Liberty Science Center in Jersey City for a day of adventure! We will go aboard the Titanic: an artifact exhibition which will draw us back to April 1912 when the ship embarked on its maiden voyage. We will visit Jennifer Chalsty Planetarium, the largest planetarium in America. Lunch will be provided. Space is limited. Tickets cost \$10 and you will be billed in June. Sign-up is required. Cancel by 4 pm the day before the event or you will be billed the full \$10.

Pancake Breakfast

Sunday, May 4, St. James Men of Charity will serve a pancake breakfast to Ridge Oak residents starting at 8:15 am in Felmeth Hall.

Enjoy pancakes,

sausage, bacon,
and fruit.

Doors open at
8:15 am and
breakfast will
be served



continuously until 10:30 am. This is “dine-in” only, no deliveries. There is no charge, but sign-up is required so that the men know how much food to prepare. Call the office by Friday, May 2 if you need a ride.

Afternoon Concert at Ross Farm

The bus will leave Ridge Oak at 1:30 pm on Sunday, May 4, for Ross Farm for an afternoon of Irish music inside the barn featuring Niall Connolly. Cost is \$5. Tickets are limited. Chairs provided. The only restrooms on site are portable toilets. Sign-up required. Cancel by 4 pm on Friday, May 2 or you will be billed \$5.

Born in 1977 in the suburbs of Cork, Ireland, Niall Connolly was raised on a soundtrack that shaped his storytelling soul—Nirvana, Leonard Cohen, and the vibrant voices of Cork’s 1990s music scene. Later came snippets of New York street conversations, tales of woe on the radio, and the hum of highways across Europe. Every experience finds its way into Connolly’s music. On stage, he delivers electricity, sincerity, and humor that captivates audiences worldwide.

Watercolors with Wendy

Monday, May 5, at 10 am in Village 12, Wendy Hallstrom from Center for Contemporary Arts will lead a five-week watercolor series. 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 May 12, 19, June 2 & 9. Sign-up required. If you can’t make it to the class, be sure to cancel or you will be billed \$5.

Arsenic and Old Lace

Join the Shoestring Players Tuesday, May 6 at 1:30 pm in Felmeth Hall for a lively adaptation of the 1939 play *Arsenic and Old Lace*. This farcical dark comedy centers around the delightfully deranged Brewster family, most of whom are homicidal. The New York Times called the original production “so funny that none of us will ever forget it,” and we think you’ll feel the same way about this one. Come support your fellow residents and enjoy a laugh (or twelve)! Sign-up required. Call the “day of” if you need a ride.

A Spiritual Journey of Grief

Starting Wednesday, May 7 at 10 am in Felmeth Hall, Pastor Dave will begin a 4-week study with C.S. Lewis’s book *A Grief Observed*. This powerful work is Lewis’s honest reflection on the fundamental issues of life, death, and faith amid loss. Written after his wife’s tragic death as a way of surviving the “mad midnight moments,” *A Grief Observed* is a truthful account of grief and the search for meaning of how loss can lead even a believer to lose all sense of meaning in the universe, and how he can gradually regain his bearings. Books will be provided. Dates include May 7, 14, 28 & June 4. Sign-up is required each week. Call the “day of” if you need a ride.

Share a Song

Wednesday, May 7 at 2 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, reminisce, engage in conversation, and sing along. Emma will access the music using YouTube. You do not need to share a song to enjoy the music! Sign-up required.

Learn to Line Dance

Join us for line dancing with Dave Farrell on Thursday, May 8 & May 22 at 2 pm in Felmeth Hall. A beginner class—no experience or partner needed! Line dancing is a fun way to improve coordination and boost cardiovascular health. 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 or you will be billed \$5.

Library Book Buggy



The Book Buggy returns on Thursday, May 8 at 3 pm.

If you would like the Buggy to stop at your apartment, call the Ridge Oak office so we can plan our route.

If you would like to request a specific item, call the library at (908) 204-3031 - option 2, to tell them you would like the item brought to Ridge Oak with the next Book Buggy OR email requests to circ-ber@mainlib.org.

Tech Support

Monday, May 12 two local high school volunteers will be available in Felmeth Hall from 4 pm to 5 pm to assist with tech support. The volunteers will help with troubleshooting tech issues, setting up devices, navigating apps or websites, and offering general tech guidance. A great opportunity for anyone who needs help with technology—solving a problem or learning something new. Volunteers speak both English and Mandarin. Space is limited. Sign-up required.

Walk in a Park

Spring is here, so let's get out and enjoy it! We'll get on the bus at 2 pm Tuesday, May 13 and go for a walk in one of our local parks.

Residents are welcome to bring their dogs (on a leash). If the weather is questionable, call the office. Sign-up required.

Bernardsville Cinema Trip

Wednesday, May 14 at 12:30 pm, the bus will leave Felmeth Hall for a matinee of the recently released musical *Wicked* at Bernardsville Cinema. Winner of two Oscars, *Wicked* tells the untold story of the Wicked Witch of the West, Elphaba, and her complex relationship with Glinda the Good. Set before *The Wizard of Oz*, the film follows Elphaba's journey from misunderstood outcast to powerful figure, exploring themes of identity, prejudice, and truth. It's approximately 2 hours and 40 minutes. Water will be provided, but bring money for snacks. Sign-up required. If you prefer to drive yourself, please tell the office when signing up.

Garden Party

Thursday, May 15 at 12:30 pm on Village 12 patio, the ladies from Basking Ridge Garden Club will host a lovely Garden Party. This year's theme is *Sound of Music*-My Favorite Things. Cost is \$10. Space is limited to 24 residents. Call the “day of” if you need a ride. If you do not cancel 24 hours in advance you will be billed \$10. Sign-up required.

All About Wi-Fi

If you missed the session in April, come join Corey & Emma on Wednesday, May 15 at 3 pm in Felmeth Hall as they guide you through the exciting possibilities that Ridge Oak's new free Wi-Fi has to offer. We will discuss options for using streaming services instead of cable, explain what a smart TV is, and cover other related topics. Get informed and learn how to “cut the cord” on cable and traditional internet services! Sign-up required. Call the “day of” if you need a ride.

Coffee with Corey

Join your new Executive Director, Corey Hovanec, for a cup of coffee (or tea) Friday, May 16 at 9:30 am in Felmeth Hall. Bring all those questions you've been wanting to ask or ideas you want to share. Call the "day of" if you need a ride. No sign-up required.



Making Art!

Friday, May 16 at 11 am, Anne Chon will be in Village 12 leading a class on acrylic painting. All levels are welcome. A fun class, with step-by-step instruction. Cost of the class is \$10, and you will be billed. Call the "day of" if you need a ride. Sign up required. If you fail to cancel 24 hours in advance you will be charged the \$10 fee.

Team Trivia

Join us for a fun game of Team Trivia Monday, May 19 at 2 pm in Felmeth Hall, featuring the Ridge Oak staff! This is a low-pressure game full of laughs, that will cover topics such as sports, history, music, arts, and more. Each team will have a surprise staff member, adding a twist to the competition! Sign-up is required. Call the "day of" if you need a ride.

Mental Health Matters

May is Mental Health Awareness Month—a perfect time to check in on how we're feeling and learn more about the connection between mental and physical well-being. Join us at Felmeth Hall Tuesday, May 20 at 10 am for an information session from Richard Hall Community Center to explore how everyday things can impact how we feel. You'll learn simple ways to support your mental well-being, recognize

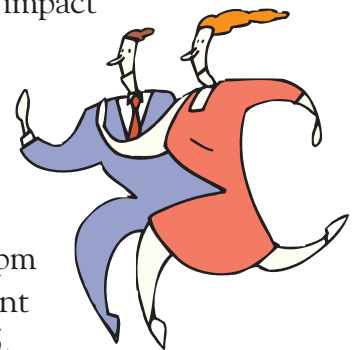
when something might be off, and discover helpful resources. Whether you're looking for tips or just a welcoming space to learn and connect, this presentation is for you! Sign-up is required. Call the "day of" if you need a ride.

ECC Walk & Talk

Ridge Oak bus will leave Felmeth Hall on Tuesday, May 20 at 1:30 pm for a fun and educational "Walk & Talk" program at the Great Swamp Environmental Education Center. Join our favorite naturalists, Rich and Ben, as they lead a tour of the building, take us on a brief trail walk, and share insights, personal experiences and education about Black Bears. Be sure to wear your walking shoes! Space is limited. Sign-up required.

Ageless Grace Fitness

Join us Wednesday, May 21 at 1 pm in the Wellness Center at Felmeth Hall. Ageless Grace is a brain fitness program that activates your brain to improve and support cognitive function and revitalizes 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. 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.



Bus Safety Evaluation

Need help navigating stairs on the Ridge Oak bus or getting on and off the transporter? Join Fellowship Physical and Occupational Therapy team on Wednesday, May 21 at 2 pm outside Felmeth Hall for a hands-on training session.

Learn how to safely and independently board and exit the Ridge Oak bus and transporter. Each participant will receive personalized training, with an ice cream treat for everyone who joins in! Sign-up required.

Ecumenical Service

Father Clarke from St. Mark's Episcopal Church will lead the Ecumenical Service on Thursday May 22 at 10 am in Felmeth Hall. All are welcome! Sign-up required. Call the "day of" if you need a ride.

Card Making

Friday, May 23 at 2:30 pm 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 welcome! Call the "day of" if you need a ride. Space is limited to 15 participants. Sign-up required. Cancel by 4 pm the day before the event or you will be billed \$5.

Pingry Pottery Painting

Join Pingry High School students for their Senior Project Tuesday, May 27 at 10 am in Village 12—a pottery painting workshop. The students will take the painted pots, fire them, and then return them to the residents. Sign-up required. Call the "day of" if you need a ride.

Pingry Program independent senior project: combine our passion for ceramics with the joy of connecting with senior citizens. We will create handmade clay pots in the Pingry Clay Studio, visit senior citizens with these pots and paints for a ceramic-painting session.

Karaoke Sing Along

Join us on Wednesday, May 28 at 2 pm in Felmeth Hall for some casual karaoke! Grab the microphone and belt out your favorite

song. Lyrics and music will be provided on the TV. Whether you prefer to sing solo, join a group, or just follow along from your seat, everyone is welcome. We might even hear some Ridge Oak staff join in! Sign-up required. Call the "day of" if you need a ride.

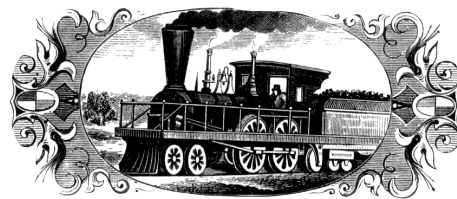
Getting to Know You

Join us for our second *Getting to Know You* event Thursday, May 29 at 2 pm in Felmeth Hall, as we spotlight one of our residents. Come hear her inspiring stories, learn about her journey, and enjoy personal photos that bring her story to life. We are excited to continue celebrating the amazing residents of Ridge Oak! Sign-up is required. Call the "day of" if you need a ride.

Northlandz & Lunch

Friday, May 30, the bus will leave Felmeth Hall at 9:30 am for Northlandz in Flemington, NJ, the world's largest miniature wonderland, with over 8 miles of model trains winding through miniature mountains, forests and tunnels. After the museum, we will head to Flemington for lunch.

Cost of the tour is \$5, and you will be billed in



June. Bring money for lunch! Space is limited. Sign-up required. Cancel by 4 pm the day before the event or you will be billed \$5.

Table Games

Join us Friday May 30 at 1 pm in Felmeth Hall for an afternoon of games such as Scrabble, Rummikub, UNO, Mahjong, cards and more. Bring your friends and any other games you might like to play. Call the "day of" if you need a ride. Sign-up required.

Prize Bingo & Pizza

Sunday, June 1 at 4:30 pm in Felmeth Hall, Basking Ridge Presbyterian Church Youth Group will host a special evening of prize bingo and pizza in Felmeth Hall. Sign-up is required. The transporter will be available. Call the office by Friday, May 30 if you need a ride.

Resident Recommendation

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

Out & About *Local Happenings*

Atlantic Health Rummage Sale

Far Hills Fair Grounds May 2 & 3 (9:30 am to 3:30 pm) and May 4 (12:30 pm to 3:30 pm). Admission and parking are free. Held every fall and spring at the Fairgrounds in Far Hills, it's a major fundraiser, proceeds support Atlantic Health programs and services.

Charter Day

Saturday, May 17 from 12 pm - 6 pm, downtown Basking Ridge hosts annual Charter Day, celebrating the history and 1760 Charter of Bernards Township! This community event highlights community groups, businesses, and talent. Come for food, music, and fun!

Bernards Township Library Events

Bernards Township Library hosts many 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: Mother's Day Market and Photo Shoot, Saturday, May 3 from 10am - 4 pm.
- In Person: Google Drive for Beginners, Thursday, May 8 at 2 pm.
- In Person: Garden State Home-Grown: A Tribute to New Jersey Musicians. Sunday, May 18 at 2 pm.
- In Person: Paperless Travel Planning, Tuesday, May 27 at 7 pm.
- In Person: What's New in Astronomy and Space Exploration, Wednesday, May 28, 7 pm.

CALENDAR

Week of May 1st

1st Thursday
10 am Liberty Science Center Trip
11:30 am Blood Pressure Clinic
12 pm LUNCH - Turkey Sandwich
2nd Friday
10 am BUS Flemington Dutch Market
10 am Happy Hookers
12:30 pm Functional Fitness
1 pm Bingo
5 pm DINNER- Pesto Penne & Sausage
4th Sunday
8:15 am Pancake Breakfast
1:30 pm Concert at Ross Farm

Week of May 5th

5th Monday
9:30/10:30 am Bowling
10 am Watercolors with Wendy V12
10 am BUS Bernardsville
11 am Chess
11:30 am Shoestring Players Rehearsal
1 pm Yoga & Meditation
2 pm Chinese Traditional Exercise V12
5 pm DINNER- Chicken Quesadilla
6th Tuesday
9:30 am Mahjong
10 am BUS Stirling & Gillette
11 am Table Tennis Open Play V12

12:30 pm Perfect Posture
 1:30 pm Arsenic and Old Lace
 5 pm DINNER- Stuffed Shells

7th Wednesday
 10 am BUS Lyons Mall
 10 am A Spiritual Journey of Grief
 11:30 am "For the Men" Fitness
 2 pm Chinese Traditional Exercise V12
 2 pm Share a Song
 3 pm High Notes Rehearsal
 5 pm DINNER- Meatloaf

8th Thursday
 10 am BUS Farmers Market
 10 am BUS St James Eucharistic
 11:30 am Blood Pressure Clinic
 12 pm LUNCH- Tomato Basil Quiche
 2 pm Learn to Line Dance
 3 pm Library Book Buggy

9th Friday
 10 am BUS Walmart Manville
 10 am Happy Hookers
 12:30 pm Functional Fitness
 1 pm Bingo
 5 pm DINNER- Baked Ham

Week of May 12th

12th Monday
 9:30/10:30 am Bowling
 10 am BUS Bernardsville
 10 am Watercolors with Wendy V12
 11 am Chess
 1 pm Yoga & Meditation
 2 pm Chinese Traditional Exercise V12
 4 pm Tech Support
 5 pm DINNER- Orange Pork Loin

13th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 11 am Table Tennis Open Play V12
 12:30 pm Perfect Posture
 2 pm Walk in a Park
 5 pm DINNER- Salmon Burgers

14th Wednesday
 10 am BUS Lyons Mall
 10 am A Spiritual Journey of Grief
 11:30 am "For the Men" Fitness
 12:30 pm Bernardsville Cinema
 2 pm Chinese Traditional Exercise V12
 5 pm DINNER- General Tso's Chicken

15th Thursday
 10 am BUS Farmers Market
 10 am BUS St James Eucharistic
 11:30 am Blood Pressure Clinic
 12 pm LUNCH- Roast Beef Sandwich
 12:30 pm Garden Party V12
 3 pm All About Wi-Fi

16th Friday
 9:30 am Coffee with Corey
 10 BUS Target Bridgewater
 10 am Happy Hookers
 11 am Making Art! V12
 12:30 pm Functional Fitness
 1 pm Bingo
 5 pm DINNER- Turkey Burgers

Week of May 19th

19th Monday
 9:30/10:30 am Bowling
 10 am BUS Bernardsville
 10 am Watercolors with Wendy V12
 11 am Chess
 1 pm Yoga & Meditation
 2 pm Chinese Traditional Exercise V12
 2 pm Team Trivia
 5 pm DINNER- Panko Tilapia

20th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 10 am Mental Health Matters
 11 am Table Tennis Open Play V12
 12:30 pm Perfect Posture
 1:30 pm ECC Walk & Talk
 5 pm DINNER- Beef Short Ribs

- 21st Wednesday
 10 am BUS Lyons Mall
 11:30 am "For the Men" Fitness
 1 pm Ageless Grace Fitness
 2 pm Bus Safety Evaluation
 2 pm Chinese Traditional Exercise V12
 5 pm DINNER- Eggplant Parmesan
- 22nd Thursday
 10 am BUS Farmers Market
 10 am Ecumenical Service
 10 am BUS St James Eucharistic
 11:30 am Blood Pressure Clinic
 12 pm LUNCH - Pulled Pork Sliders
 2 pm Learn to Line Dance
- 23rd Friday
 10 BUS Uncle Giuseppes & Kohl's
 10 am Happy Hookers
 12:30 pm Functional Fitness
 1 pm Bingo
 2:30 pm Card Making V12
 5 pm DINNER- Chicken Pot Pie



Week of May 26th

- 26th Monday OFFICE CLOSED
- 27th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 10 am Pingry Pottery Painting V12
 11 am Table Tennis Open Play V12
 12:30 pm Perfect Posture
 5:00 pm DINNER- Seasoned Flounder
- 28th Wednesday
 10 am BUS Lyons Mall
 10 am A Spiritual Journey of Grief
 11:30 am "For the Men" Fitness
 2 pm Chinese Traditional Exercise V12
 2 pm Karaoke Sing Along
 3 pm High Notes Rehearsal
 5 pm DINNER- Beef and Broccoli
- 29th Thursday
 10 am BUS Farmers Market
 10 am BUS St James Eucharistic
 11:30 am Blood Pressure Clinic
 12 pm LUNCH - Cobb Salad / Chicken
 2 pm Getting to Know You
- 30th Friday
 9:30 am Northlandz & Lunch
 10 am Happy Hookers
 12:30 pm Functional Fitness
 1 pm Table Games
 5 pm DINNER- Vegetable Lasagna
- 1st Sunday
 4:30 pm Prize Bingo & Pizza