

ACORNNS

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

908/221-0266

FAX: 908/221-0042

www.ridgeoak.org

Medical Transportation

Ridge Oak may be able to help with transportation to routine medical appointments. We are limited by when our bus and driver are available. Call Molly at the Ridge Oak office to discuss the parameters and transportation availability for your specific appointment.



Water Line Flushing

NJ American Water will begin routine flushing of the water system in our area beginning Monday, April 8 through Friday, April 19. You may notice low water pressure or discolored water. If the water is discolored, let it run for a few minutes until it runs clear before using.

Help Wanted

We are recruiting new members for the Galley Crew, a team of residents who assist in the kitchen and serve meals for our congregate dining program. Work includes table setup, receiving food deliveries, serving meals, and cleaning up afterward.

A meal “shift” is 2.5 – 3.5 hours. Ideal candidates are patient, kind, friendly, and collaborative with the physical stamina (without restriction) to stand/walk for a few hours, lift pans, set up tables, and more.

This is a paid position which does not impact your annual rent calculation, your income status, or your rent payment. If interested, please contact Corey at the office by phone or email at chovanec@ridgeoak.org.

Scam Alert

Social Security frauds are more popular than ever. Scammers call you and tamper with the caller ID, so it looks like the call really is coming from the Social Security Administration.

They will try to trick you into “verifying” your social security number or even lure you by the offer of some payment. They may even demand immediate payment to avoid your arrest or other legal action. While that may scare you, remember this type of phone call would never happen with the Social Security Administration. Social Security rarely makes phone calls unless you have requested it first.

If you get a call that seems threatening or the caller asks for personal information, hang up!

Need a Hand?

A local gentleman and member of Basking Ridge Presbyterian church is generously offering his time for light handyperson work in your apartment. This could include hanging curtains, hanging a picture, light assembly of furniture or other household projects. If you have a need for this service, please call Molly at the office or email mclark@ridgeoak.org. Molly will “vet” requests and make the arrangements on your behalf. For maintenance related requests, please continue to call the office.

Podiatrist

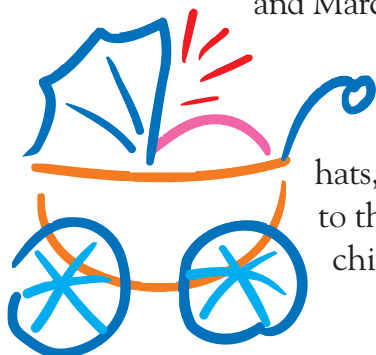
We are happy to have an association with a local podiatrist for in-home appointments. With over 25 years of experience, Dr. Sharon Root provides gentle and compassionate foot care. Please call the office at (908) 221-0266 to schedule your podiatry appointment. Ridge Oak is happy to help coordinate this service, and we are pleased to have Dr. Root join us!

Zufall Dental Van

Zufall Dental van will return to Ridge Oak in April. There is currently a waiting list for services. If you want to become a new patient, call the office to speak with Molly at 908-221-0266 or email mclark@ridgeoak.org.

Blankets for Babes

Thank you to all the ladies who participated in our *Blankets for Babes* project in February and March! Because of your beautiful work, we will take over sixty-five blankets, hats, sweaters and booties to the mothers and children at the Center



for Great Expectations in Somerset. We had a three way “tie” for most items made! Instead of one \$50 gift card we will give each lady something nice. Congratulations to our three winners who each won a \$25 gift card.

Garden Lottery

There are sixteen raised garden beds available for residents behind Ridge Oak maintenance barn. Gardens are assigned by lottery. Residents are responsible for planting and maintaining their garden during the season. At the end of the season, you must clean out your garden.



If you are interested in planting a garden, please call the office or e-mail Emma at elanese@ridgeoak.org to put your name into the lottery no later than Thursday, April 18. You will be notified in writing by the end of April if you have been assigned a garden or if you are on a wait list.

So that everyone has an opportunity to garden, the lottery gives no preference to those who have planted beds in previous years. One garden per household will be assigned until we see how many beds are requested. If you do not want the garden bed assigned to you, it will be offered to another resident on the waiting list.

Each year there are unattended gardens. Do not sign up for a garden if you are going to be traveling this summer or if you will not be able to do the work. Be considerate as there are other residents waiting to have a garden. Consider sharing your garden with a friend—share the work and share the produce!

BRPC Lenten Service

If you attended the beautiful Lenten services at Basking Ridge Presbyterian Church in March, consider sending a thank you note.

Thank you notes can be sent to:

Mr. Chris Fortin, Director of Music Ministries
Basking Ridge Presbyterian Church
1 East Oak Street
Basking Ridge, New Jersey 07920
cfortin@brpc.org

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 welcome our new bus aide Patrice Keeling. She started in March and her job coach (Kathi) is working to get her up to speed. She is here to help you get your bags on and off the bus, remind you of the return time to the bus and

more. After a long absence we are thrilled to have a bus aide back!

This month we have a new Friday shopping destination, Chimney Rock Crossing in Bridgewater. Stores include Whole Foods, Nordstrom Rack, Saks Off 5th, Lands' End, and Talbots.

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 the needed time at check out. The bus will not 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*

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 on 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 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 Lessons

Wednesdays - Tech Teen

Fridays - Wii Bowl

Fridays - Happy Hookers V12

Fridays - Strength & Endurance

Fridays - Bingo

Wednesday, April 3 - Table Games V12

Tuesday, April 9 - Spring Cleaning Pick Up

Tuesday, April 9 - Pokeno

Wednesday, April 10

Get Your Glasses Adjusted

Wednesday, April 10 - Movie Matinee

Wednesday, April 10 & 17

High Notes Rehearsal

Thursday, April 11 - Chatham Concert

Thursday, April 11

Adaptive Equipment at Home

Saturday, April 13

St. Mark's Rummage Shuttle

Tuesday, April 16 - Pingry Dinner Dance

Wednesday, April 17

Jewelry Sale CASH ONLY!

Thursday, April 18 - Ecumenical Service

Thursday, April 18

Appalachian Mountain Dulcimer

Tuesday, April 23 - Walk About

Wednesday, April 24

Raptor Trust: Heads up for Hawks

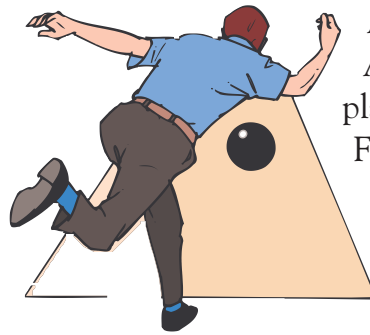
Wednesday, April 24 - Music of Bagpipes

Thursday, April 25 - Shen Yun Trip

Monday, April 29 - Making Art!

Tuesday, April 30 - Brain Aerobics

Wii Bowl & Chess



No Wii Bowl Monday, April 1 or Friday, April 5. Wii bowling is played Mondays & Fridays at 10 am and 11 am in Felmeth Hall. Only four people each hour. No experience

required. Stop by to see if you might want to try Wii bowling. Call the office to check availability. Sign-up is required each month.

No Chess Monday, April 1.

Chess - During Wii Bowl on Mondays, tables are available for chess players. If you would like to play chess, call the office for information.

Mahjong Lessons

We have a local Mahjong teacher Sylvia Rubin with us on Tuesday mornings from 9:30 to 11:30 am in Felmeth Hall. Mahjong is a traditional Chinese tile-based game. Players assemble sets of tiles based on specific patterns and combinations. Requiring strategic thinking, pattern recognition, and luck, Mahjong is enjoyed by people worldwide.

No experience necessary. Limited to 4-6 players for each "round" of sessions as it will take more than a week to learn the game. Sign-up is required. Call Emma in the office with questions.

Bridge to Success

Monday, April 1, 8, 15, & 22 at 12 pm, Empower Somerset will continue their 8-week Stress Management series. Bridge to Success teaches coping strategies, effective communication, social support, and healthy living skills. This is a continuous program. Sign-up is only for those who began participation in March. If you are interested in this program and did not get a chance to participate, we will have Empower Somerset back again soon!

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 “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. 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 in the Wellness Center. Led by Catherine Perez, Group Fitness Instructor and Personal Trainer. 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 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, April 10 & 17 at 3 pm in the lower-level Wellness Center of Felmeth Hall.

Happy Hookers

Join your neighbors and friends on Fridays at 10 am in Village 12 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 required.

Bingo

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 meets every Thursday at 3:30 pm in Felmeth Hall Annex. ALL residents are welcome. Sign-up required.

Table Games

Join us Wednesday, April 3 at 1 pm in Village 12 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.

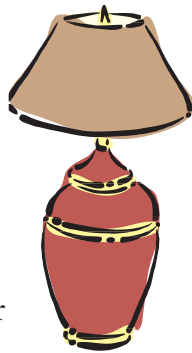
Tech Teen

Would you like assistance setting up a new device, configuring your email, or learning how to download programs onto your phone or tablet? Wednesday April 3, 10 & 17 from 3 pm to 4:30 pm in Felmeth Hall, we will have a knowledgeable volunteer from Ridge High School to assist in English or Mandarin.

To work one on one with our Tech Teen, 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 limited. If you need to cancel, please let us know.

Spring Cleaning Pick Up

Tuesday, April 9 we will collect items to be donated to St. Mark's 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, books, games, jewelry, lamps, and small furniture items will be collected. No clothes or large furniture. Donate items you no longer need for a worthy cause. Call the Ridge Oak office by Monday April 8 at noon to tell us if you will place items outside your apartment for collection.



Pokeno

Come out Tuesday April 9 at 2 pm for Pokeno in Felmeth Hall Annex. Bring at least fifty pennies with you. Sign-up is required.

Get Your Glasses Adjusted

Wednesday, April 10 at 11 am, local Optician, Jerry York, will be in the Felmeth Hall Annex to adjust your glasses. Sign-up is required. Do not show up if you are not signed up.

Movie Matinee

Come to Felmeth Hall Wednesday, April 10 at 12:30 pm for a viewing of the five-time Oscar-Nominated film, *The Holdovers*. Set in the winter of 1970-71, the film stars Paul Giamatti as a strict classics teacher at a New England boarding school who is forced to chaperone a handful of students with nowhere to go on Christmas break. Da'Vine Joy Randolph and

Dominic Sessa play the school cafeteria manager and one of the students who stays on campus. This movie is rated R for mature language. Light refreshments will be provided. Please feel free to bring lunch with you! Sign-up is required.

Chatham Concert

Suburban Music Study Club

Thursday, April 11, the bus will leave at 9:45 am for a Spring Concert at Chatham United Methodist Church sponsored by Suburban Music Study Club. The program includes flute, piano and voice. Sign-up is required.

Fellowship Discovery Series:

Adaptive Equipment at Home

If you missed this program in January, you might want to come and check it out! Join Danielle O'Malley, Physical Therapist and Annie Raju, Occupational Therapist when they return Thursday April 11 at 2 pm in Felmeth Hall for an exploration of adaptive equipment used in the home including walkers, canes, shoehorns, and "reachers". They will answer your questions and adjust some of your equipment if needed! Everyone who attends will be entered into a drawing for a \$25 Shop Rite gift card. Call the "day of" if you need a ride. Sign-up is required.

St. Mark's

Rummage Shuttle

Saturday, April 13 from 11 am to 1 pm, Ridge Oak bus will shuttle residents back and forth to St. Mark's Rummage sale in Basking Ridge. Do not buy anything you cannot carry home on the bus! No sign-up is necessary. Wait at the front of Felmeth Hall or the front of Village 12. Leo will be on the lookout.

Pingry Dinner Dance

Put on your dancing shoes and join us on Tuesday, April 16th as we travel in style to Pingry School's Annual Intergenerational Dinner Dance. A charter bus will pick us up at 4:30 pm and bring us back to Ridge Oak about 8:30 pm. You can dance or just enjoy the music, the dinner, and the talented young people. Call for a ride on the transporter. There is no charge, but sign-up is required.



Jewelry Sale

CASH ONLY!

Lynn Kaplan, along with her friend & helper, will return to Felmeth Hall to sell Lynn's jewelry, scarves, and other lovely items on Wednesday, April 17 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.

Ecumenical Service

Father Rick from St. Mark's Episcopal Church will lead the Ecumenical Service on Thursday, April 18 at 10 am. ALL are welcome! Call the "day of" if you need a ride.

Appalachian Mountain Dulcimer

Join us Thursday, April 18 at 2 pm in Felmeth Hall to spend a lovely hour listening to a wide variety of music played on an Appalachian Mountain dulcimer by award-winning performer, Carol Walker of Denville. A musical journey that covers everything from Celtic jigs and reels to classical favorites, old-time hymns, and the American Song Book. Sign-up is required. Call the "day of" if you need a ride.

Walk About

Join Emma Tuesday, April 23 at 2 pm for a short neighborhood walk. Residents are welcome to bring their dogs (on a leash). If the weather is questionable, call the office. Sign-up is required.

Raptor Trust: Heads up for Hawks

Heather Natola, from Raptor Trust, Bird Rehabilitation and Educational Center in Millington, will be in Felmeth Hall Wednesday, April 24 at 11 am to talk all about diurnal raptors in our area, including osprey, eagles, falcons, and vultures. Sign-up is required. Call the "day of" if you need a ride.

Book Buggy

Book Buggy returns Wednesday, April 24 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.

If you would like to request a specific item, call the library at (908-204-3031, option 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.

Music of the Bagpipes

Join your friends and neighbors Wednesday, April 24 at 6:30 pm in front of Felmeth Hall for Bagpipes and a dessert treat.

We will enjoy the music of The Guard: Pipes and Drums following their seasonal performances at St. Patrick's Day Parades. Transporter will be available. Sign-up is required.



Shen Yun Trip

Thursday, April 25, we will take a charter bus at 12 pm to New Jersey Performing Arts Center in Newark for a 2 pm performance of Shen Yun. Shen Yun is a brilliant artistic revival and celebration of China's rich cultural heritage. The charter bus will leave Felmeth Hall at 12 pm and will return to Ridge Oak around 6 pm. There will be light snacks and water on the bus, no meal will be provided. Feel free to pack lunch for the ride there. Sign-ups start Monday, April 1 at 9 am. The discounted price is \$25 per Ridge Oak resident.

A limited number of tickets are available. If more people sign up 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 add your name to the waitlist (after those who did not secure a space through the lottery). This ensures fairness, accommodating those signing up via Touchtown, phone, or office visits.

Making Art!

Monday, April 29 at 11 am in Village 12, Anne Chon will lead a class on acrylic painting. All levels are welcome. Cost of the class is \$10, and you will be billed. Call the "day of" if you need a ride. If you fail to cancel 24 hours in advance you will be charged \$10 fee. Sign-up is required. We are limited to twelve residents.



Brain Aerobics

Tuesday, April 30 at 2 pm in Felmeth Hall, join Emma for some trivia and other fun games. Exercise your memory and evaluate your knowledge! Call the office 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 good news with friends and neighbors? Send information to Emma at elanese@ridgeoak.org and we will highlight it in ACORNS.

Out & About *Local Happenings*

St. Mark's Episcopal Church Rummage Sale

Spring rummage sale from 9 am to 2 pm Friday, April 12 & Saturday, April 13, at the church, 140 South Finley Avenue.

The semi-annual sale includes clothing, sporting goods, electronics, furniture, lighting, seasonal items, toys, and games, decorating items and baked items at bargain prices.

Bernardsville Cinema Free Theatrical Tuesday

Head over to Bernardsville movie theater for a free viewing of *The West End Revival of Miss Saigon* on Tuesday, April 30 at 6 pm. Tickets are free, but you must register in advance at www.bernardsvillecinema.com or call (908) 766-0770.

Singers Needed

The Notables Singers need female voices to join their ensemble! Rehearsals are Monday evenings in Felmeth Hall at 6:30 pm. For information, please call the office.

Bernards Township Library Events

Bernards Township Library hosts many free events. For all virtual programs, registration is required to receive Zoom link @ BernardsLibrary.org or (908) 204-3031 x116.

Events in March

- In Person- Light Opera of NJ's "Savoy Faire" performs Gilbert & Sullivans, "The Gondoliers," Sunday, April 7 at 2 pm.
- In Person- Organize Your iPhone Photos, Tuesday, April 9 at 11 am.
- In Person- 2019 Documentary "Under the Great Oak", Thursday, April 25 at 7 pm.

- In Person- Raconteur Radio presents "Sunset Boulevard," Sunday, April 28 at 2 pm.
- Virtual- Organize for the Unexpected with Jamie Novak, Monday, April 29 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 April 1st

- 1st Monday
 10 am BUS Bernardsville
 12 pm Bridge to Success V12
 1:30 pm Chair Yoga
 5 pm DINNER – Vegetable Lasagna
- 2nd Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 5 pm DINNER – Stuffed Peppers
- 3rd Wednesday
 10 am BUS Lyons Mall
 2 pm Table Games V12
 3 pm Tech Teen
 5 pm DINNER – General Tso's Chicken
- 4th Thursday
 10 am BUS Farmers Market
 12 pm LUNCH – Pulled Pork Sliders
 3:30 pm Prayer Group
- 5th Friday
 10 am BUS Target Bridgewater
 10 am Happy Hookers - V12
 11 am Strength & Endurance
 1 pm Bingo
 5 pm DINNER – Panko Tilapia

Week of April 8th

- 8th 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 – Chicken Meatballs
- 9th Tuesday
 Spring Cleaning Pick Up
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 2 pm Pokeno
 5 pm DINNER – Salisbury Steak
- 10th Wednesday
 10 am BUS Lyons Mall
 11 am Get Your Glasses Adjusted
 12:30 pm Movie Matinee
 3 pm Tech Teen
 3 pm The High Notes Rehearsal
 5 pm DINNER – Eggplant Parmesan
- 11th Thursday
 9:45 am Chatham Concert
 12 pm LUNCH – Corned Beef Reuben
 2 pm Adaptive Equipment at Home
 3:30 pm Prayer Group
- 12th Friday
 10 am BUS Farmers Market
 10 am Happy Hookers V12
 10/11 am Wii Bowl
 11 am Strength & Endurance
 1 pm Bingo
 5 pm DINNER – Cider Glazed Turkey
- 13th Saturday
 11 am BUS St. Mark's Rummage Shuttle

Week of April 15th

- 15th 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 – Coconut Shrimp
- 16th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 4:30 pm Pingry Dinner Dance
 5 pm DINNER – Lemon Chicken
- 17th Wednesday
 10 am BUS Lyons Mall
 10 am Jewelry Sale CASH ONLY!
 3 pm Tech Teen
 3pm High Notes
 5 pm DINNER – Sliced Pork Roast
- 18th Thursday
 10 am BUS Farmers Market
 10 am Ecumenical Service
 12 pm LUNCH – Broccoli Quiche
 2 pm Appalachian Mountain Dulcimer
 3:30 Prayer Group
- 19th Friday
 10 am BUS Cracker Barrel & Walmart
 10 am Happy Hookers V12
 10/11 am Wii Bowl
 11 am Strength & Endurance
 1 pm Bingo
 5 pm DINNER – Swedish Meatballs

Week of April 22nd

- 22nd 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 – Beef Brisket

- 23rd Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 2 pm Walk About
 5 pm DINNER – Chicken Picatta
- 24th Wednesday
 10 am BUS Lyons Mall
 11 am Raptor Trust: Heads up for Hawks
 2 pm Book Buggy
 5 pm DINNER – Pork Lo Mein
 6:30 pm Bagpipes & Drums
- 25th Thursday
 10 am BUS Farmers Market
 12 pm LUNCH – Turkey Burger
 12 pm Shen Yun Trip
 3:30 pm Prayer Group
- 26th Friday
 10 am BUS Chimney Rock Crossing
 10 am Happy Hookers V12
 10/11 am Wii Bowl
 11 am Strength & Endurance
 1 pm Bingo
 5 pm DINNER – Seafood Newburg

Week of April 29th

- 29th Monday
 10 am BUS Bernardsville
 10/11 am Wii Bowl
 11 am Chess
 11 am Making Art! V12
 1:30 pm Chair Yoga
 5 pm DINNER – Sausage & Peppers
- 30th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 2 pm Brain Aerobics
 5 pm DINNER – Beef Empanadas