

# ACORN

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

908/221-0266

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www.ridgeoak.org

## Office Closed

**The office** will be closed for Thanksgiving holiday Thursday, November 23rd & Friday, November 24th. Have a wonderful holiday weekend!

## Daylight Savings Time

**Don't forget** to "fall back" Sunday, November 5th at 2 am as daylight savings time comes to an end. Before you go to sleep on Saturday, November 4th, set your clocks back one hour. If you have a smart device such as an iPhone or iPad, they will automatically change the time. Enjoy that extra hour of sleep!

## Election Day Made EASY

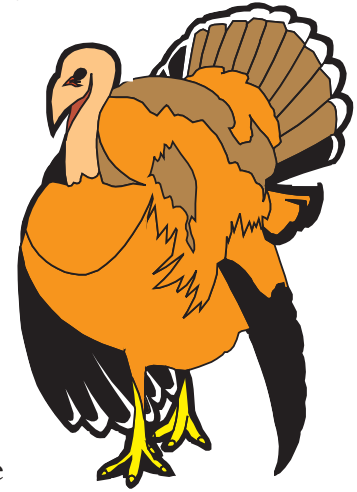
**Election Day** is Tuesday, November 7th. If you are a Ridge Oak resident, your polling place is Felmeth Hall RB Boye community room. Polls are open from 6 am to 8 pm. Transporter rides available from 1 pm to 2 pm only. Call the office the "day of" if you need a ride.

## COVID Booster Clinic

**Walgreens** will be on site to administer COVID booster shots Thursday, November 9th from 9 am to 1 pm. Bring your ID, Medicare/Medicaid, supplemental insurance and vaccination cards. There is no charge for the booster if you have insurance. Sign-up is required. After all sign-ups have been taken you will be contacted with your appointment time.

## Road Rules

**We are aware** of several recent "near misses" between cars and residents walking on the roads. For the safety of all, always use sidewalks when walking. Cross the road only at our newly painted crosswalks. When driving on Ridge Oak property, please follow speed limit signs and be aware of your surroundings.



## Delivery Issues

**It may help** with package deliveries if you put your Village # under your street/shipping address. For example:

Bonnie Kelly  
150 Manchester Drive, Apt Q  
Village 13  
Basking Ridge, NJ 07920

**The street address** and apartment number **MUST** always appear below your name because of address reading machines. Adding the village # under the street address may help a delivery person.

## Garden Clean Up

**It's time** to clear planting areas outside apartments and raised garden beds behind the barn. Cut back or pull-out plants in the

ground. Throw out dead potted plants. Please store all planting items (pots and gardening tools) inside your apartment, not on your porch/patio. For raised garden area behind the barn, all gardens must be cleaned, and pots removed by Monday November 14th. Anything remaining after this date will be thrown away.

## FREE Rabies Clinic

**Bernards Township Health Department** provides residents with a Free Rabies Clinic for dogs & cats Saturday, November 11th from 10 am to 12 pm at Bernards Township Public Works Garage, 277 South Maple Avenue, Basking Ridge. No appointments necessary.



**Rabies expiration** date for your pet can be found on your current dog/cat license. If you are unsure of the expiration date call or email Michelle Santoro, Bernards Township Animal Control Officer, 908-204-3066 or MSantoro@Bernards.org

**All Bernards Township dogs & cats** must be licensed. All current dog and cat licenses expire on January 31st of each year. To download a license application, go to: [www.bernardshealth.org/DogCatLicensing](http://www.bernardshealth.org/DogCatLicensing). Licensing of animals is a requirement of Ridge Oak tenancy and an important aspect of community safety, rabies and animal control.

## Touchtown App Tips

**Have you checked** out the “Community and Social Services” module in Touchtown? There are many resources listed here related to benefits, health care options and more.

## Recreation Lottery

**If, on the first day** of sign-ups, we have a wait list for a recreation event or activity, we will have a lottery at 4 pm that day. You will be notified if you have a space via the lottery or if you are on the waiting list. This is the “fairest” way to do this since we have some people signing up via Touchtown and some calling or coming to the office.

## Scam Prevention Tip

**In “tech support fraud”**, a scammer masquerades as a tech support representative from a company you trust like Amazon, Apple or Microsoft. They claim that your computer or device is at risk of being infected by viruses and then trick you into granting them remote access or paying for software that you don’t need. This scam often happens through phone calls, but it’s also common to see pop-up ads on websites targeting seniors.

**Scammers** use a sense of urgency to lure people in. Always think twice or ask a friend or family member for advice if you are unsure if something is legitimate.

## Live Stream

**Use your iPad**, computer, or phone to live stream select activities and events. Go to [www.twitch.tv/ridgeoakrecreation](http://www.twitch.tv/ridgeoakrecreation). Read each activity description in ACORNS to determine if a live stream “Twitch” connection is available. You can also select “Ridge Oak Live Events” icon in Touchtown and it will connect you to Twitch for easy viewing!

## Shopping Bus

**Shopping bus** departure time is 10:30 am! 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. Sign-up for the shopping bus is required.

## Transportation on Hold

**Volunteers** from St. James Transportation Ministry have temporarily paused their program. If you need a ride to the doctor, please use Somerset County paratransit bus. Call them in advance to schedule a pickup 908-231-7116. They require at least 5 business days' notice.

From Mike Palanchi  
*Director of Facilities*

**Heating Tips!** With the colder weather knocking on our doors, here are some tips for controlling your apartment's temperature. Ensure all windows and doors are closed and locked properly. Shut off your air conditioners. Our heating systems are currently working as designed—they automatically run when the outdoor temperature drops below 68 degrees.

**Boiler pumps** continuously circulate hot water to heat your apartment. If you feel the temperature in your apartment is low/cold, adjust your thermostat by setting it to (5) for Villages 1-11 or higher degree setting for Villages 1A, 9A & 12. Wait half an hour for heat to rise, then lower to setting of your comfort level. If you still experience a heating issue, contact the Ridge Oak Office 908-221-0266.

## Care Fund

**Care Fund** subsidizes meals, personal care and PERSYS Medical Alert monitoring services. 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

**Mondays** - Wii Play & Chess

**Mondays**

Chair Yoga OR Stretch & Flex

**Tuesdays** - Perfect Posture

**Wednesdays** - Music with Emma

**Fridays** - Wii Play

**Fridays** - Happy Hookers

**Fridays** - Strength & Endurance

**Fridays** - Bingo

**Wednesday, November 1st & 17th**

Navigating Uncertainty with Faith

**Thursday, November 2nd**

Ecumenical Service

**Thursday, November 2nd** - Pokeno

**Monday, November 6th**

Essential Oil Workshop

**Monday, November 6th & 11th**

Making Art! V12

(Ornaments for Festival of Trees)

**Tuesday, November 7th & 21st** - Walk About

**Wednesday, November 8th**

Hope's Promise: Healing Through Horses

**Thursday, November 9th**

COVID Booster Clinic

**Thursday, November 9th** -Table Games

**Saturday, November 11th**

St. Mark's Holiday  
Market

**Monday, November  
13th**

Militia Museum Trip



**Tuesday, November 14th**  
Brain Aerobics: Jeopardy!

**Wednesday, November 15th**  
Understanding Memory Loss

**Thursday, November 16th & 30th**  
Morning Boost

**Friday, November 17th**  
Jewelry Sale CASH ONLY!

**Thursday, November 16th** - Book Buggy

**Friday, November 17th** - Card Making V12

**Tuesday, November 21st**  
High Notes Fall Concert

**Wednesday, November 22nd** - Pie Palooza

**Tuesday, November 28th** - Adult Coloring

**Wednesday, November 29th**  
Pastor Dave Does Advent

**Thursday, November 30th** - Movie & Snacks

**Friday, December 1st**  
Holiday Musical & Luncheon

## Wii Play & Chess

**No 11 am Wii** bowling November 6th. No  
Wii bowling Friday, November 17th and 24th.

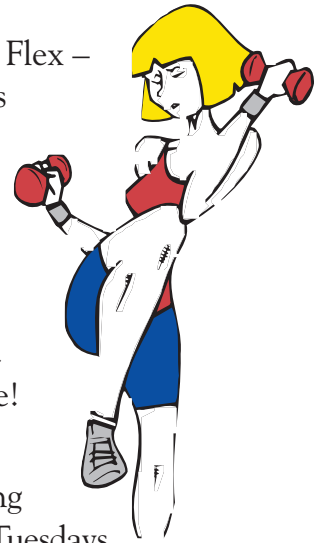
**We Need Wii Bowlers!** Wii games are played  
Mondays & Fridays at 10 am and 11 am in  
Felmeth Hall. Only 4 people each hour. No  
experience required. Stop by and watch a  
session to see if you might be interested in  
trying Wii bowling. Call the office to check  
availability. Sign-up is required each month.

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

## Exercise Series

**Our new** Exercise & Wellness offerings are  
very popular. All classes are held in the lower-  
level Wellness Center at Felmeth Hall. Sign  
up early to guarantee a spot!

**Chair Yoga & Stretch & Flex** –  
classes alternate Mondays  
at 1 pm in the Wellness  
Center. Led by Michele  
Gorka from Fellowship,  
these classes focus on  
stretching, flexibility,  
seated and standing yoga.  
All fitness levels welcome!  
Sign-up is required.



**Perfect Posture** – ongoing  
gentle exercise class, on Tuesdays  
at 12:30 pm in our Wellness Center. Led by  
Lisa Hiller, Exercise Physiologist. Perform  
stretches and exercises to help improve post-  
ural alignment. All fitness levels welcome!  
Sign-up is required.

**Strength & Endurance** – slightly more inten-  
sive exercise class, on 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.

## Music with Emma

**Recreation Manager**, Emma Lanese, offers  
a weekly music group in the lower-level Well-  
ness Center at Felmeth Hall. Groups will be  
on Wednesdays at 2 pm.

**Name that Tune** – Test your music knowledge  
Wednesday, November 1st at 2 pm. Music will  
be played from various genres and decades, so  
let's see if you can recall the song title or singer.  
There will be prizes! Sign-up is required.

**Drumming** – Wednesday November 8th at  
2 pm join us for a drum circle experience. No  
musical skills needed. Explore various instru-  
ments and try something new! Call the "day  
of" if you need a ride. Sign-up is required.

**Share a Song** and Sing Along – Wednesday, November 29th at 2 pm, bring the name of a song you would like to share with the group. We'll listen to a recording, reminisce, and maybe sing along. Music will be played from a streaming device. Sign-up is required.

## Happy Hookers

**No Happy Hookers** Friday, November 17th & 24th. Calling ALL hand work crafters. Join your neighbors on Fridays at 10 am in 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, November 17th & 24th. Bingo is played 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.

## Navigating Uncertainty with Faith

**Pastor Dave** Tillisch from Bishop Janes United Methodist Church started a bible study in October called “Navigating Uncertainty with Faith: Lessons from the Life of Joseph”. Lessons revolve around Joseph in the book of Genesis; the “Joseph” with the coat of many colors not the husband of Mary.

**Sessions** continue Wednesday, November 1st & November 15th at 10 am in Felmeth Hall. Do not worry if you missed our meetings in October. We have a few bibles here for residents to use or you can just relax, listen, and learn.

Residents of ALL faith traditions are welcome. Call the “day of” if you need a ride. Sign-up is required each week.

## Ecumenical Service

**Father Rick** from St. Mark’s Episcopal Church will lead an ecumenical service on Thursday, November 2nd at 10 am in Felmeth Hall. All are welcome! Call the “day of” if you need a ride. Sign-up is required.

## Pokeno

**Pokeno** in Felmeth Hall, Thursday, November 2nd at 2 pm. Bring 50 pennies with you. Sign-up is required.

## Self-Care Series: Essential Oil Workshop

**Join Michele Gorka** (Chair Yoga/Stretch & Flexibility instructor) Monday, November 6th at 2:30 pm in Felmeth Hall for a self-care workshop focused on Aromatherapy and essential oils. Learn about the unique benefits of various essential oils and walk away with two roller balls personally designed by you. They also make great gifts. Cost of the class is \$5, 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 the class fee. We are limited to 15 residents. Sign-up is required.

## Making Art

**Monday**, November 6th & November 13th at 11 am in Village 12, Anne Chon will lead us in an activity to paint ornaments for Somerset County Environmental Center Festival of Trees. Our theme this year is “Birds of New Jersey.” All levels are welcome. Call the “day of” if you need a ride. Space is limited to 12 residents, sign up is required.



## Walk About

**Join Emma** Tuesday, November 7th & 21st at 2:30 pm for a neighborhood walk. Residents are welcome to bring their dogs (on a leash). Dogs and humans need steps! If the weather is questionable, call the office. Sign-up is required.



## Hope's Promise: Healing Through Horses

**Join us** Wednesday, November 8th at 11 am in Felmeth Hall when a miniature horse from Hope's Promise Farm in Chester will visit to educate us about the job of a therapy horse! After the presentation, there will be a Q&A and people will have a chance to pet the horse and take pictures. Sign-up required.

[www.twitch.tv/ridgeoakrecreation](http://www.twitch.tv/ridgeoakrecreation) to enjoy from home OR in Touchtown click on "Ridge Oak Live Events" icon to connect.

## Table Games

**Join us** Thursday, November 9th at 2 pm in Felmeth Hall for games such as Scrabble, Rummikub, 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 is required.

## St. Mark's Holiday Market

**Saturday**, November 11th starting at 11 am and ending at 1 pm, the Ridge Oak bus will shuttle residents to St. Mark's Holiday Market in downtown Basking Ridge.



No sign-up necessary. Wait at the front of Felmeth Hall, the front of Village 12 or along Manchester Drive. Leo will drive and be on the lookout.

## Militia Museum of New Jersey Trip

**In honor** of Veterans Day, we will take a ride to Lawrenceville, NJ to the National Guard Militia Museum. The bus will leave at 10 am on Monday, November 13th. We will get a guided tour of some of New Jersey's oldest war artifacts including uniforms, equipment, newspaper clippings and more. Snacks and water will be provided on the bus. Feel free to pack your lunch for the ride home, we will have a cooler available. Space is limited. Sign-up is required.

## Brain Aerobics: Jeopardy!

**Tuesday**, November 14th at 2 pm in Felmeth Hall, join Emma for JEOPARDY style trivia that will help to stimulate our brains. Exercise your memory and test your knowledge! Call the office the "day of" if you need a ride. Sign-up is required.

## Understanding Memory Loss

**Wednesday**, November 15th at 1 pm in Felmeth Hall, join Molly Clark, Social Services Coordinator and special guest Linda Gamba of Alzheimer's NJ to discuss memory loss. Linda will explore the difference between normal age-related memory changes and abnormal changes that are associated with Alzheimer's disease and other forms of dementia, including some common warning signs. She will also review the importance of receiving a thorough diagnostic evaluation when symptoms first arise, current treatment options, and research regarding healthy aging. Call the "day of" if you need a ride. Sign-up is required.

## Morning Boost

**Join Emma** Thursday, November 16th & 30th at 10 am in the Wellness Center for some stimulating conversation and activity to get your day started in the right direction. Light

refreshments will be provided. Call the “day-of” if you need a ride. Sign-up is required.

## Book Buggy

**Book Buggy** returns Thursday, November 16th 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 specific items to be delivered to your door on November 16th, call the library at (908-204-3031, option 2) tell them which items you would like brought to Ridge Oak OR email requests to circ-ber@mainlib.org.

## Jewelry Sale - CASH ONLY!

**Lynn Kaplan**, and her friend, will be here to sell Lynn’s jewelry, scarves and other lovely items on Friday, November 17th 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.

## Card Making

**Friday**, November 17th at 1 pm in Village 12, join us for card making. We will make cards using stamps, inks, and paper. All supplies provided and all crafting levels welcome! Call the “day of” if you need a ride. We are limited to 12 residents. Sign-up is required.

## High Notes Fall Concert

**Join us** Tuesday, November 21st at 11 am in Felmeth Hall to hear Ridge Oak’s very own High Notes ensemble for their Premiere Concert. From Doo-wop to Broadway, this choir is ready to sing! Call the “day of” if you need a ride. Sign-up is required.

## Pie Palooza

**Life is short** so eat dessert first! This year we will have a Pie Palooza in celebration of Thanksgiving. Stop by Felmeth Hall on

Wednesday,  
November 22nd  
between 11:30 am  
and 1 pm for a  
piece (or 2!) of pie and  
a cup of coffee! We will  
serve multiple types of pie; plain, a la mode or  
with a whipped cream topping.



**As a gesture** of good will and gratitude we ask residents to bring a ONE POUND can of coffee to donate to God’s Co-Op Food Pantry. PLEASE do not give us bigger cans as they will not fit on pantry shelves. If you cannot get a can of coffee feel free to make a cash donation to the pantry in our donation basket! No sign-up needed, just stop by for a treat.

## Adult Coloring

**Join us** Tuesday, November 28th at 2 pm in Village 12 for adult coloring. Coloring is a healthy way to relieve stress. No artistic talent needed! Art supplies will be provided, or you may bring your own. Call the “day of” if you need a ride. Sign-up is required.

## Pastor Dave Does Advent

**Pastor Dave** will start a 4-week advent series Wednesday, November 29th at 10 am. Advent is the season leading up to the Christmas miracle. This series will continue into the 1st three Wednesdays in December. Come to one or all sessions. Residents of ALL faiths are welcome! Call the “day of” if you need a ride. Sign-up is required each week.

## Movie & Snacks

**Join us** Thursday, November 30th at 2 pm in Felmeth Hall for the 2009 movie, “Julie and Julia”. Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs’ landmark cookbook, “Mastering the Art of French Cooking.”

Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter. Snacks will be served! Call the "day of" if you need a ride. Sign-up is required.

## Holiday Musical & Luncheon

**Friday**, December 1st, the bus will leave at 10:30 am for Hunterdon Hills Playhouse for the Holiday Musical & Luncheon. Traditional holiday favorites, pop Christmas hits, seasonal spirituals, spectacular dance numbers, and more. Price of the ticket is normally \$89, but you are receiving an early gift, resident price will be \$45. Ticket includes show, table-served meal, dessert buffet, coffee, tea, tax and gratuity. Tickets are limited. Sign-up is required. If you sign up and cannot attend, you must cancel by 11 am on Wednesday, November 29th or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in January.



## Coffee with Bonnie

**Will resume** after a brief holiday season hiatus.

## Foot Care

**Local podiatrist**, Dr. Brazinski, will be here Thursday, November 2nd & 16th. Call the Ridge Oak office to schedule a visit.

## The High Notes

### New Rehearsal Time

Ridge Oak chorus "The High Notes" will have rehearsal on Wednesday, November 1st, November 8th, & November 15th at 3 pm and Monday, November 20th at 2 pm in Felmeth Hall.

## Out & About

### Local Happenings

Bernards Township Library (top of Lindbergh Lane at 32 South Maple Avenue) hosts many free events. Here is a listing of a few being held in November:



- **Holiday Healthier: Nourish Your Season** presented by Bernards Township Health Department & Nourish and Thrive Nutrition Center. Discover how to savor the season without compromising on flavor or your health goals. Thursday, November 22nd from 6 pm-7:30 pm. Registration is required. Call (908) 204-3069 or email [Ahuber@bernards.org](mailto:Ahuber@bernards.org).
- **Mr. Local History - Elder Voices Community Program**, Bernards Township Library on the lower level Sunday, November 4th at 2 pm. Share local history from those who lived it. Join a round table discussion.
- **Master Composer "Franz Schubert"** with Dr. Robert Butts Thursday, November 30th from 7 pm-8:30 pm, a lecture on the life and music of Master Composer Franz Schubert (1797 - 1828), an Austrian composer of the late Classical and early Romantic eras. Presented by Dr. Butts, Artistic Director, and Conductor of the Baroque Orchestra of NJ.

## 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](mailto:sreino@ridgeoak.org).





# CALENDAR

## Week of November 1st

1st Wednesday  
 10 am Navigating Uncertainty w/ Faith  
 10:30 am BUS Lyons Mall  
 2 pm Name That Tune  
 3 pm High Notes Rehearsal  
 5 pm DINNER General Tso's Chicken

2nd Thursday  
 10 am Ecumenical Service  
 10:30 am BUS Bernardsville  
 12 pm LUNCH Bacon Cheddar Quiche  
 2 pm Pokeno

3rd Friday  
 10/11 am Wii Bowl  
 10 am Happy Hookers  
 10:30 am BUS Farmers Market  
 11 am Strength & Endurance  
 1 pm Bingo  
 5 pm DINNER Lemon Caper Shrimp

## Week of November 6th

6th Monday  
 10 am Wii Bowling  
 10:30 am Trader Joes Bridgewater  
 11 am Chess  
 11 am Make Art- Tree Decorations V12  
 12 pm LUNCH Turkey Sandwich  
 1 pm Stretch & Flexibility  
 2:30 pm Self-Care Series: Essential Oils

7th Tuesday  
 ELECTION DAY  
 10:30 am BUS Stirling & Gillette  
 12:30 pm Perfect Posture  
 2:30 pm Walk About  
 NO DINNER

8th Wednesday  
 10:30 am BUS Lyons Mall  
 11 am Hope's Promise: Therapy Horses  
 2 pm Drumming  
 3 pm High Notes Rehearsal  
 5 pm DINNER-Meatloaf

9th Thursday  
 9 am Covid Booster Clinic  
 10:30 am BUS Bernardsville  
 12 pm LUNCH BBQ Pulled Chicken  
 2 pm Table Games

10th Friday  
 10/11 am Wii Bowl  
 10 am Happy Hookers  
 10:30 am BUS Farmers Market  
 11 am Strength & Endurance  
 1 pm Bingo  
 5 pm DINNER Glazed Salmon

11th Saturday  
 11 am St. Mark's Holiday Market

## Week of November 13th

13th Monday  
 10 am Militia Museum Tour  
 10/11 am Wii Bowling  
 11 am Chess  
 11 am Make Art- Tree Decorations V12  
 1 pm Chair Yoga  
 5 pm DINNER Salisbury Steak

14th Tuesday  
 10:30 am BUS Stirling & Gillette  
 12:30 pm Perfect Posture  
 2 pm Brain Aerobics  
 5 pm DINNER Pork Spare Ribs

15th Wednesday  
 10 am Navigating Uncertainty w/ Faith  
 10:30 am BUS Lyons Mall  
 1 pm Understanding Memory Loss  
 3 pm High Notes Rehearsal  
 5 pm DINNER Eggplant Rollatini

16th Thursday  
 10 am Morning Boost  
 10:30 am BUS Bernardsville  
 2 pm LUNCH Hot Beef Sloppy Joe  
 2 pm Book Buggy

17th Friday  
10 am Jewelry Sale- Felmeth Hall  
10:30 am BUS Farmers Market  
1 am Strength & Endurance  
1 pm Card Making V12  
5 pm DINNER Roasted Turkey

**Week of November 20th**

20th Monday  
10/11 am Wii Bowling  
10:30 am BUS Walmart Watchung  
11 am Chess  
1 pm Stretch & Flexibility  
2 pm High Notes Rehearsal  
5 pm DINNER Chicken Francese

21st Tuesday  
10:30 am BUS Stirling & Gillette  
11 am High Notes Concert  
12:30 pm Perfect Posture  
2:30 pm Walk About  
5 pm DINNER Beef Stroganoff

22nd Wednesday  
10:30 am BUS Lyons Mall  
11:30 am Pie Palooza  
NO DINNER

23rd Thursday  
Happy Thanksgiving  
Office Closed

24th Friday  
Office Closed

**Week of November 27th**

27th Monday  
10/11 am Wii Bowling  
10:30 am BUS Farmers Market  
11 am Chess  
1 pm Chair Yoga  
5 pm DINNER Seasoned Flounder

28th Tuesday  
10:30 am BUS Stirling & Gillette  
12:30 am Perfect Posture  
2 pm Adult Coloring V12  
5 pm DINNER Lemon Chicken

29th Wednesday  
10 am Advent Series  
10:30 am BUS Lyons Mall  
2 pm Share a Song & Sing Along  
5 pm DINNER Pork Lo Mein

30th Thursday  
10 am Morning Boost  
10:30 am BUS Bernardsville  
12 pm LUNCH Corned Beef Reuben  
2 pm Movie & Snacks "Julie and Julia"

