

ACORNS

VOLUME 47, ISSUE 11 NOVEMBER 2024

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

908/221-0266

www.ridgeoak.org

Office Closed

The office will be closed for Thanksgiving holiday on Thursday, November 28 & Friday, November 29. Happy Thanksgiving from the Ridge Oak staff!

Fall Back

Daylight savings time ends on Sunday, November 3 at 2 am. Before you go to sleep on Saturday, November 2, set your clocks back one hour. Enjoy the extra hour of sleep!

Election Day

Election Day is Tuesday, November 5. 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 will be available from 1 pm to 2 pm. Call the office the "day of" if you need a ride.

COVID Vaccine Clinic

Walgreens will be on-site to administer the updated COVID vaccine shot on Tuesday, November 12 from 9 am to 1 pm. Bring your ID, Medicare/Medicaid and supplemental insurance cards with you. Vaccination cards are no longer being updated. There is no charge if you have insurance. We have a limited number of slots for those without insurance. Sign-up is required. After all sign ups have been taken you will be contacted with your appointment time.

*Happy
Thanksgiving!*



Heating Tips

With the colder weather knocking on our doors. Here are some tips for controlling your apartment's temperature. First, ensure all windows and doors are closed and locked. Shut off your air conditioners. All our heating systems are currently working as designed, meaning 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 inside your apartment is low/cold, adjust your thermostat as follows:

- Villages 1-11 turn up your thermostat dial to 5. 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 on 908-221-0266.
- Villages 1A, 9A & 12 turn your thermostat dial up to a higher setting. Wait half an hour

for heat to rise, then lower to setting of your comfort level. If you still experience a heating issue, contact Ridge Oak Office 908-221-0266.

Washer/Dryer Service Calls

If a washer or dryer is NOT WORKING in a laundry room, put an “out of order” sign on it and report it to SEBCO – 800-732-2688. After you call SEBCO, tell Ridge Oak office so we can track needed repairs. Ridge Oak staff do NOT service laundry machines.

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 summer plants in pots. Store planting items (pots and gardening tools) inside your apartment, not on your porch/patio.

For the raised garden area behind the barn, all gardens must be cleaned, and pots must be removed by the end of day on Monday, November 11. Anything remaining after this date will be disposed of at our discretion.

FREE Rabies Clinic

Bernards Township Health Department will provide residents with a Free Rabies Clinic for dogs and cats on Saturday, November 9, 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, at 908-204-3066 or MSantoro@Bernards.org



All Bernards Township dogs and 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. Licensing of animals is a requirement of Ridge Oak tenancy and an important aspect of community safety, rabies and animal control.

Protect Your Information

Imagine carrying a written copy of all your conversations with you everywhere you went. Or copies of your account numbers, usernames, and passwords. Or all the photos and videos you've ever taken. Well, your mobile phone holds all that stuff—and maybe more. Are you doing everything in your power to keep it from ending up in the wrong hands? Keep prying eyes out of your phone by setting it to automatically lock when you're not using it and create a PIN or passcode to unlock it. Longer passcodes are better, so use at least six digits. Depending on your phone, you might also be able to unlock your phone with your fingerprint, your face, or your iris.

Volunteer Friendly Shoppers and Visitors

Are you homebound and in need of a friendly grocery shopper or a visitor? St. James Church offers volunteers to assist homebound members of the community. If you need help, contact Molly at the Ridge Oak office or email her at mclark@ridgeoak.org and she will connect you.

Therapy at Home

Ridge Oak has partnered with Fellowship Life to offer Medicare Part B therapy services to residents. The therapies offered include physical, occupational, and speech therapy, with the goal of helping residents maintain strength and avoid hospitalizations.

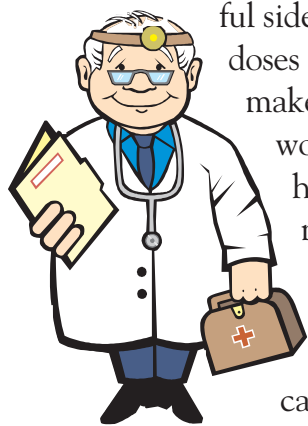
These services are available either in your home or in the Wellness Center, on the lower level of Felmeth Hall. Ridge Oak does not have access to your private health information. All paperwork, appointments, billing, and services are managed directly by Fellowship Life professionals. For more information, email Molly Clark at mclark@ridgeoak.org or call Molly at the Ridge Oak office.

Wellness Nurse

Ridge Oak has a Wellness Nurse on site every Tuesday & Thursday. Eunice 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 at the office.

Medication Management

Medication management helps ensure that people take their medications correctly and safely. It reduces the risk of harmful side effects, prevents missed doses or taking too much, and makes sure all medications work well together. If you have trouble managing medications on your own, and are interested in medication management services, call Molly in the office or email mclark@ridgeoak.org.



This service is billed by CHSP program rates.

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 and 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, call Molly at the Ridge Oak office or email mclark@ridgeoak.org.

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 your monthly copy to be dropped off at your door.

Shopping Bus

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 make stops at Wells Fargo and Bank of America.
- These stops are for quick banking transactions, like depositing a check or getting money from the ATM. Tell the office when you are signing up to ensure you get to where you need to go. 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 at 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 are allowed. You must be able to safely store and carry your purchases. Sign-up for the shopping bus is required.

From Congregate - *Shannen*

Bring your containers to dinner for any leftovers you would like to take home.

Laundry services are now provided on site by appointment only. For full details call Shannen.

If you want to schedule a service or meal, or for 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 - Bowling & Chess

Mondays - Chair Yoga

Tuesdays - Perfect Posture

Tuesdays - Mahjong

Tuesdays - Table Tennis Open Play V12

Wednesdays - "For the Men" Fitness

Thursdays

Get Your Life Back with Pastor Dave

Thursdays - Blood Pressure Clinic

Friday - Happy Hookers

Fridays - Zumba Gold

Fridays - Bingo

Monday, November 4 & November 11

Bridge to Success V12

Tuesday, November 5 - Walk About

Wednesday, November 6

Governor's Mansion Tour & Lunch

Wednesday November 6 & November 20

Shoestring Players Rehearsal

Thursday, November 7

Sunflower Sip & Paint

Friday, November 8

Melick's Farm Market Oldwick

Friday, November 8 & November 22

Holiday Decoration Workshop V12

Monday, November 11 - Out to Lunch

Tuesday, November 12

Covid Vaccine Clinic

Tuesday, November 12

Portion Control Skills

Wednesday, November 13

Fall Harvest Garden Party

Wednesday, November 13

& Monday, November 25

High Notes Rehearsal

Thursday, November 14

Faith Tradition Tour

Friday, November 15 - Card Making V12

Monday, November 18

Self-Care Series - Lets Make Lotion

Tuesday, November 19 - Balance Screening

Tuesday, November 19 - Afternoon Movie

Wednesday, November 20

Holiday Boutique

Wednesday, November 20

Ageless Grace Fitness

Wednesday, November 20 - Share a Song

Thursday, November 21 - Spiritual Group

Thursday, November 21 - Table Games

Tuesday, November 26

High Notes Sing Sinatra

Wednesday, November 27 -Pie Palooza

Thursday, November 28

Bishop Janes Thanksgiving Dinner

NEW Table Tennis

We now have Table Tennis in Village 12.

Starting Tuesday, November 5 we have open plays from 11 am to 4 pm every Tuesday. The patio door at the rear of Village 12 will be unlocked during this time and all equipment will be provided. Please share the table and return all equipment to the bin when you are finished. If you have interest in participating in a tournament in the future, please contact Emma at the office.

Mahjong

No Mahjong Tuesday, November 5 and 12.

Mahjong is played on Tuesday mornings from 9:30 am to 11:30 am in Felmeth Hall.

Mahjong is a traditional Chinese tile game. Players assemble sets of tiles based on specific patterns and combinations. It requires strategic thinking, pattern recognition, and luck. An engaging pastime enjoyed by people worldwide. Contact Emma in the office if you are interested in learning. Sign-up is required.

Bowling & Chess

Bowling games are played Mondays at 9:30 am, 10:30 am & 11:30 am. Only four people each hour. No experience required. Stop by to see if you'd like to try bowling. Call the office to check availability. Sign-ups are required.

Chess - During bowling on Mondays, we have tables for chess players. If you would like to play chess, call the office for information.

Exercise Series

All classes are held in lower-level Wellness Center at Felmeth Hall. Sign up early to guarantee a spot!

"For the Men" Fitness – Wednesdays at 11:30 am in the lower-level Wellness Center. Led by Jim Stamateris. The class focuses on functional movement, core stability and flexibility. You will learn how to properly warm up your body with stretches and healthy movements to prevent overuse and compensation patterns. Also 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 your routine at home. All fitness levels welcome! Sign-up is required.



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

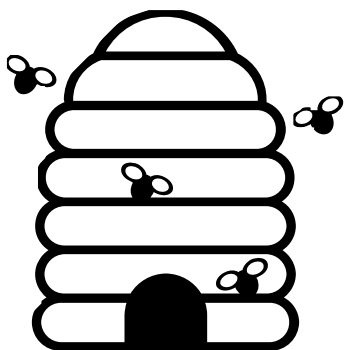
Perfect Posture – Tuesdays at 12:30 pm in Wellness Center, led by Megan Lynch-Smith from Fellowship. In this class you perform stretches and exercises to help improve postural alignment. All fitness levels welcome! Sign-up is required.

Zumba Gold – Fridays at 11 am in Wellness Center, led by Katrina Schneider from Fellowship. The class is a lower-intensity version of the typical Zumba, a cardio class

that features music and dance moves from all over the world. In addition to aerobics steps (grapevine and v-step), Zumba incorporates dance styles such as salsa, merengue, cumbia, reggaeton, bhangra and more. Sign-up is required. No class on Friday, November 29.

Ridge Oak Honeybees

Did you know that in winter, unlike other insects, honeybees don't go dormant. Instead, they stay awake all winter inside the hive, clustered together in a ball, eating honey, and shivering their flight muscles to generate heat. Over the next few weeks, we will be insulating the hives to help the bees stay warm and dry! 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

Rehearsals for the Ridge Oak choir will be Wednesday, November 13 and Monday, November 25 at 3 pm in the lower-level Wellness Room. We will sing our fall concert on Tuesday, November 26. Please gather in Felmeth Hall at 12:30 pm to warm up. If you are interested in singing, call or email Emma, elanese@ridgeoak.org.

Shoestring Players

We will meet in the lower-level wellness center on Wednesday, November 6 and November 20 at 3 pm. We are currently rehearsing for *A Christmas Carol*. Everyone is welcome to participate. Sign-up is required.

Happy Hookers

Calling ALL hand work crafters. 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 is required.

Bingo

No Bingo Friday, November 29. Bingo is played Fridays at 1 pm in Felmeth Hall. Cost of each card is \$1. Ms. Candy will hostess Prize Bingo Friday, November 15. Call the "day of" if you need a ride on the transporter. Sign-up is required to play each week.

NEW Blood Pressure Clinic

Thursdays at 11:30 am, our staff nurse Eunice will host a weekly blood pressure clinic in the Felmeth Hall Annex. Stop by for a quick check. Call the "day of" if you need a ride. We encourage everyone to take a moment for their health!

Bridge to Success

Monday, November 4 & November 11 at 2:30 pm in Village 12, Empower Somerset will finish the 8-week Stress Management series. Bridge to Success teaches coping strategies, effective communication, social support, and healthy living skills. Sign-up is required and is only for those who started the program in October. Call the "day of" if you need a ride.

Walk in a Park

Join Emma Tuesday, November 5 at 2 pm for a walk in one of our local parks. 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 required.

Governor's Mansion Tour & Lunch

Wednesday, November 6, the bus will leave Felmeth Hall at 9:30 am for Princeton and a guided tour of Drumthwacket, the official residence of the New Jersey Governor. The guided tour of the residence is about 1 hour and 15 minutes and includes the first-floor public rooms used by the Governor for meetings and receptions as well as the gardens (weather permitting). The tour highlights the history and architecture of the site in addition to the Foundation's collection of art and antiques. Before heading home, we will stop in Princeton for lunch. Space is limited. There is no cost for the tour. Please bring money for lunch. Sign-up is required.

Get Your Life Back *with Pastor Dave*

Thursday, November 7 at 10 am in Felmeth Hall, Pastor Dave will continue his six-week series centered around John Eldredge's book, *Get Your Life Back: Everyday Practices for a World Gone Mad*. By incorporating a few simple practices—referred to by John as “graces”—you can begin to recover your soul, disentangle from the tragedies of this broken world, and discover the restorative power of beauty. The series continues November 14 & 21 at 10 am leading up to the Advent season. All residents are welcome! Sign-up is required.

YMCA Sunflower Sip & Paint

Thursday, November 7 at 2 pm in Village 12, local artist, Susan Rupert, and volunteers from the *Togetherhood Program* at the YMCA will host a Sunflower themed Sip & Paint. Light refreshments provided! Sign-up is required. Call the “day of” if you need ride. The program provides members of Somerset Hills YMCA and the community with rewarding opportunities to support our neighbors.

Melick's Farm Market

Friday, November 8 at 10 am the bus will go to Melick's Farm Market in Oldwick. An opportunity to use your Farmers Market Voucher (QR code coupon). The last day to use your voucher is Saturday, November 30. Sign-up is required.



Holiday Decoration Workshop

Get ready for Somerset County Environmental Center Festival of Trees. Our theme this year is “Ridge Oak's Sweet Treats” with ornaments made of candy! Join us Friday, November 8 & Friday, November 22 at 2:30 pm in Village 12 for a decoration creation workshop. Sign-up is required. Call the “day of” if you need a ride.

Out to Lunch

Monday, November 11 we will go to lunch. The bus leaves Felmeth Hall at 11:30 am for Gabriels Fountain in Martinsville. Delicious soup, salads, sandwiches, burgers and home-made ice cream! Space is limited. Bring cash for lunch. Sign-up is required.

Portion Control Skills

Do you know how much food is enough for you? The difference between a portion and a serving? Portion control skills are highly beneficial for muscle gain and general health. Learning to recognize hunger and satiety signals allows people to eat the appropriate amount of food for their needs and health goals. Join Karen Connelly, Registered Dietitian from Robert Wood Johnson University Hospital on Tuesday, November 12

at 1:30 pm in Felmeth Hall as she discusses the importance of being mindful of portion sizes and how it benefits your health. Sign-up is required. Call the “day of “if you need a ride.

Fall Harvest Garden Party

Wednesday, November 13

at 10:30 am in Village

12, the ladies from

Basking Ridge

Garden Club will

host a Fall Harvest

Party. Each resident will

go home with a beautifully decorated gold

pumpkin centerpiece for the holidays. Space is

limited to 24 residents. Sign-up is required.

Call the “day of “if you need a ride.



Karaoke Sing Along

Join us Wednesday, November 13, at 2 pm in Felmeth Hall for karaoke. Grab the microphone and belt out your favorite song. Lyrics and music will be provided on the TV. Everyone is welcome. We might even hear some Ridge Oak staff join in! Sign-up is required. Call the “day of “if you need a ride.

Faith Tradition Tour:

*Liberty Corner
Presbyterian Church*

We continue our tour of various houses of worship and faith traditions! Our next stop is on Thursday, November 14. The bus leaves Felmeth Hall at 2:15 pm for Liberty Corner Presbyterian Church. Pastor Barnabas Sprinkle will provide a tour of the Sanctuary, offer history of the congregation and insight into the Presbyterian faith and answer your questions. Space is limited to 15. All faith traditions welcome! Sign-up is required.

Card Making

Friday, November 15 at 1:30 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 is required.

Self-Care Series: Let's Make Lotion

Join Michele, our Chair Yoga instructor, on Monday, November 18, at 3 pm in Wellness Center for another workshop in our self-care series. Everyone will leave with two bottles of scented lotion that you create and decorate—perfect for winter or as a holiday gift! Cost of the workshop is \$5. Sign-up is required. Call the “day of “if you need a ride.

Fellowship Discovery Series: *Balance Screening*

Join Fellowship Life Physical Therapists on Tuesday, November 19 at 11 am in Felmeth Hall for a free balance screening. Each screening will take about 5 minutes. Sign-up is required. After all sign-ups have been taken you will be contacted with your appointment time. Call the “day of” if you need a ride.

Afternoon Movie

Join us in Felmeth Hall Tuesday November 19 at 1:30 pm for a viewing of the 2024 action-comedy film, *Thelma*, starring June Squibb. Thelma Post is a 93-year-old grandmother who loses \$10,000 to a con artist on the phone. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her. Light refreshments will be provided. Sign-up is required. Call the “day of “if you need a ride.

Ageless Grace Fitness

Join us Wednesday, November 20 at 1 pm in the lower-level Wellness Center at Felmeth Hall. Ageless Grace is an innovative brain fitness program that activates your brain to improve and support cognitive function and revitalizes the physical skills needed to function every day. Sitting in a chair, you can enjoy this fun-filled class of simple, easy to follow natural movements while enjoying music. This is a gentle impact fitness class. Wear comfortable clothes and footwear. Call the “day of” if you need a ride. Space is limited. Sign-up is required.

Holiday Boutique

Lynn Kaplan, and her friend will be here to sell Lynn’s jewelry, scarves and other lovely items on Wednesday, November 20 from 10 am til 2 pm. A CASH ONLY event, no checks or credit cards will be accepted. Proceeds from the sale will benefit Basking Ridge Rescue Squad. Get your holiday gifts early! Call the “day of” if you need a ride.

Share a Song

Wednesday, November 20 at 2 pm, join Emma in lower-level Wellness Center of Felmeth Hall for some fun listening to music. Bring the name of a song you would like to share. We will listen to a recording and sing along. Emma will access the music using YouTube. Sign-up is required.

Spiritual Group

Our resident-led spiritual study and prayer group meets on Thursday, November 21 at 1 pm in lower-level Wellness Center. Residents can share their faith and spirituality and learn from one another with love, respect, and kindness. All residents are welcome to attend. Sign-up is required. Call the “day of” if you need a ride.

Table Games

Join us Thursday, November 21 at 2 pm in Felmeth Hall for games such as Scrabble, Rummikub, UNO, Mahjong, Chess and more. Bring any other games you might like. Call the “day of” if you need a ride. Sign-up is required.

High Notes Sing Sinatra

Join us Tuesday, November 26, at 1:30 pm in Felmeth Hall for a delightful performance by Ridge Oak’s very own High Notes ensemble, singing the classic melodies of Frank Sinatra, including hits like “Fly Me to the Moon,” “My Way” and “Love and Marriage.” Feel free to join in for a sing-along! Sign-up is required. Call the “day of” if you need a ride.

Pie Palooza!

Join us for our “eat dessert first” Thanksgiving celebration! Stop by Felmeth Hall Wednesday, November 27 between 11:30 am and 1 pm for some 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, we ask you to bring a ONE POUND can of coffee to donate to God’s Co-Op Food Pantry. Do not give us bigger cans as they will not fit on pantry shelves. In lieu of a can of coffee feel free to make a cash donation to the pantry in our basket. No sign-up needed, just stop by for a treat! Call the “day of” if you need a ride.

Bishops Janes Thanksgiving Dinner

Thursday, November 28, Bishop Jane’s United Methodist Church will host a Thanksgiving dinner. The bus will leave from Ridge Oak at 1:45 pm. Bring a dessert or a non-alcoholic

beverage to share. Sign-up required for Ridge Oak bus. If you will be driving yourself, sign up with Bishop Janes office at (908) 766-1108.

Resident Recommendation

Butler's Pantry Trackside, at Far Hills Train Station on US 202. Hours are Monday-Friday: 7:30 am - 2:30 pm; 4:30 pm - 7 pm & Saturday 7:30 am - 1:30 pm. (908) 234-9404.

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*

Bernardsville Cinema Free Theatrical Evening. Head over to Bernardsville movie theater for a free viewing of Broadway musical, *Legally Blonde* Saturday, November 30 at 6 pm. Tickets are free, but you must register in advance at www.bernardsvillecinema.com or (908) 766-0770.

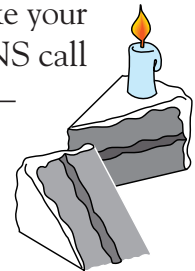
RHS Drama Club Presents Radium Girls. Thursday, November 14 at 6:30 pm senior members of the community are invited to the final dress rehearsal of Ridge High's fall play, *Radium Girls*. No ticket required. Just show up!

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

- Tech Teens: Tuesdays-Thursdays, 3:30 pm - 5:30 pm and Saturdays, 12 pm - 2 pm
- In Person: Live Music! Blue Jersey Band's Django, Jazz and Bluegrass, Sunday, November 10 at 2 pm
- In Person: Post Election Analysis with Dr. Gary Darden, Monday, November 11 at 10 am
- In Person: Big Screen Thursday- documentary Inside Job, Thursday, November 14 at 12 pm
- In Person: Microsoft Word Basics, Thursday, November 14 at 2 pm.
- Virtual: Echoes of Freedom- The Rise and Fall of the Berlin Wall, Monday November 18 at 7 pm.
- Virtual: Scott Joplin- King of Ragtime, Tuesday, November 26 at 7 pm.

Your Privacy, Your Decision

It's 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 November 1st

1st Friday
 10 am BUS Walmart Manville
 10 am Happy Hookers
 11 am Zumba Gold
 1 pm Bingo
 5 pm DINNER- Salisbury Steak

Week of November 4th

4th Monday
 9:30/10:30/11:30 am Bowling
 10 am BUS Bernardsville

11 am Chess
 12 pm LUNCH-Turkey Club w/ Bacon
 1:30 pm Chair Yoga
 2:30 pm Bridge to Success V12
 5th Tuesday
 ELECTION DAY!
 10 am BUS Stirling & Gillette
 11 am Table Tennis Open Play V12
 12:30 pm Perfect Posture
 2 pm Walk in a Park
 NO DINNER

- 6th Wednesday
 9:30 am Governor's Mansion/ Lunch
 11:30 am "For the Men" Fitness
 3 pm Shoestring Players Rehearsal
 5 pm DINNER- Lasagna
- 7th Thursday
 10 am BUS Farmers Market
 10 am Get Your Life Back/ Pastor Dave
 11:30 am Blood Pressure Clinic
 12 pm LUNCH- Corned Beef Reuben
 2 pm YMCA Sunflower Sip & Paint V12
- 8th Friday
 10 am BUS Melick's Farm Market
 10 am Happy Hookers
 11 am Zumba Gold
 1 pm Bingo
 2:30 pm Holiday Decoration V12
 5 pm DINNER- Lemon Caper Shrimp

Week of November 11th

- 11th Monday
 9:30/10:30/11:30 am Bowling
 10 am BUS Bernardsville
 11 am Chess
 11:30 am Out to Lunch
 1:30 pm Chair Yoga
 2:30 pm Bridge to Success V12
 5 pm DINNER- Bread Chicken Cutlet
- 12th Tuesday
 9 am Covid Vaccine Clinic
 10 am BUS Stirling & Gillette
 11 am Table Tennis Open Play V12
 12:30 pm Perfect Posture
 1:30 pm Portion Control Skills
 5 pm DINNER- Beef Short Ribs
- 13th Wednesday
 10 am BUS Lyons Mall
 10:30 am Harvest Garden Party V12
 11:30 am "For the Men" Fitness
 2 pm Karaoke Sing Along
 3 pm High Notes Rehearsal
 5 pm DINNER- General Tso's Chicken

- 14th Thursday
 10 am BUS Farmers Market
 10 am Get Your Life Back/ Pastor Dave
 11:30 am Blood Pressure Clinic
 12 pm LUNCH- Tomato Basil Quiche
 2:15 pm Faith Tradition Tour: LCPC
- 15th Friday
 10 am BUS Lidl Morris Plains
 10 am Happy Hookers
 11 am Zumba Gold
 1 pm Ms. Candy's Prize Bingo
 1:30 pm Card Making V12
 5 pm DINNER- Citrus Glazed Salmon

Week of November 18th

- 18th Monday
 9:30/10:30/11:30 am Bowling
 10 am BUS Bernardsville
 11 am Chess
 1:30 pm Chair Yoga
 3 pm Self-Care Series: Make Lotion
 5 pm DINNER- Kielbasa & Kraut
- 19th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 11 am Table Tennis Open Play V12
 11 am Discovery: Balance Screening
 12:30 pm Perfect Posture
 1:30 pm Afternoon Movie
 5 pm DINNER- Tilapia Almondine
- 20th Wednesday
 10 am BUS Lyons Mall
 10 am Holiday Boutique
 11:30 am "For the Men" Fitness
 1 pm Ageless Grace Fitness
 2 pm Share a Song
 3 pm Shoestring Players Rehearsal
 5 pm DINNER- Roasted Pork Loin



21st Thursday
10 am BUS Farmers Market
10 am Get Your Life Back/ Pastor Dave
11:30 am Blood Pressure Clinic
12 pm LUNCH- Hot Beef Sloppy Joe
1 pm Spiritual Group
2 pm Table Games

22nd Friday
10 am BUS Wegmans Bridgewater
10 am Happy Hookers
11 am Zumba Gold
1 pm Bingo
2:30 pm Holiday Decoration V12
5 pm DINNER- Roasted Turkey

Week of November 25th

25th Monday
9:30/10:30/11:30 am Bowling
10 am BUS Bernardsville
11 am Chess
1:30 pm Chair Yoga
3 pm High Notes rehearsal
5 pm DINNER- Vegetable Lasagna

26th 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 High Notes Sing Sinatra
5 pm DINNER- Pork Spare Ribs

27th Wednesday
10 am BUS Lyons Mall
11:30 am Pie Palooza

28th Thursday
Office Closed- Happy Thanksgiving!
1:45 pm Bishop Jane's
Thanksgiving Dinner

29th Friday
Office Closed

