

ACORNNS

RIDGE OAK, INC. 150 MANCHESTER DRIVE, BASKING RIDGE, NJ 07920
908/221-0266
www.ridgeoak.org

National Day of Prayer

Please join us on Thursday, May 7, at 11:30 am in Felmeth Hall as we gather for the National Day of Prayer. Led by a resident chaplain, we will join millions of voices across the country in a powerful moment of unity. Because this is a collective effort happening throughout our nation, we will all be reciting the same prayer together. A printed copy of the prayer will be provided for everyone. We invite you to be part of this special opportunity to stand together in hope and reflection for our country. Sign-up is encouraged.

Fresh Produce

Ridge Oak is partnering with The Food Bank Network of Somerset County to provide fresh produce to residents, at no cost. Starting May 5, residents will be able to come to Felmeth Hall on Tuesdays between the hours of 10:30-4 to get fresh produce. We cannot promise what types of produce will be available, as it may change weekly. Ridge Oak will have a limited amount available for the first month, as we determine how much is needed. It is first come, first served and residents are encouraged to bring their own bags. Please contact Molly with any questions.



May 2026

Volume 49, Issue 5



Office Closed

The office will be closed Monday, May 25, in observance of Memorial Day.



Vaccine Clinic

Walgreens will be coming to Ridge Oak to provide another vaccination clinic on Wednesday, May 6. This time, they will be offering the Hepatitis B shot, as well as the COVID vaccine. Both shots are available for residents and are covered under Medicare. If you are interested in getting a vaccination, please sign up on touchtown or call the office. Molly will reach out to you regarding your appointment time. You should bring your ID, Medicare card, and any additional insurance cards with you to your appointment.

Cultural Celebration

Join us in Felmeth Hall on Thursday, May 28, at 1 pm, for a special afternoon celebrating the vibrant cultures that make our community so unique. We invite both residents and staff to share a piece of heritage—whether it's a favorite family dish, traditional dress, treasured photographs, or even a favorite dance or piece of music. Your contribution will help make this a wonderful celebration of our collective roots. We will have snacks from a variety of cultures and a special raffle! **Please let Emma know if you would like to participate.** Sign up is required to attend!



YMCA Transportation

Did you know that Ridge Oak residents enjoy an incredible YMCA membership benefit? For only \$5 a month, you can access all their facilities, including the gym, fitness classes, and pool. The bus provides transportation every Tuesday and Thursday at 10 am. Contact Emma in the office with any questions.



SOMERSET COUNTY YMCA

Resident Garden

It's time to start gardening! 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 any questions or concerns regarding the garden, please contact Emma Lanese at the main office.



Attendance Policy Reminder

To show respect for staff and fellow residents, we request that you arrive on time for all signed-up activities and meals, utilizing helpful calendar reminders or Touchtown app notifications.

For cancellations, it is essential that you notify the office directly or cancel via the Touchtown app.

Please note that for events involving outside groups or vendors, cancellations **MUST** be made by 4 PM the day before the event, or you will be billed \$5.

Food Bank Volunteering

Beginning Friday, May 15, a group of residents and staff will volunteer at The Food Bank Network of Somerset County. We will assist with their backpack program, which provides children throughout Somerset County with essential food for the weekend.

The bus will depart from Felmeth Hall at 10 am, and we will return to Ridge Oak around 1 pm. This is a recurring volunteer program and a wonderful way to get involved and give back to our local community!

Sign-up is required. Please be mindful that this is an active volunteer opportunity and standing will be required for an extended period.



Happy Birthday

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



Care Fund

The Care Fund subsidizes meals and personal care. Many thanks to the following people who have made recent donations to the Care Fund:

James and Kate Nelligan *in honor of Bob Boye.*
Violeta Lee



Thank You

If you attended the Dinner Dance at Pingry on April 15, please consider sending a note of gratitude:

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

From Congregate

Please bring containers for leftovers and let us know if you need a ride to dinner. Meal orders and cancellations are due by 11 AM the business day before the meal—late cancellations will be billed.

Congregate also offers housekeeping, laundry, personal care, and medication management.

In the dining room, please be patient and kind to others and the Galley Crew. Avoid using your phone at the table—step out if you need to take a call.

To schedule a service or meal, or ask about costs, contact Shannen at the office or email srivers@ridgeoak.org.

Resident Art Wall

Be sure to stop by Felmeth Hall each month to admire our Resident Art Wall! This April, we brightened the space with small umbrellas featuring popular spring lyrics and hand-crafted tissue paper raindrops. It is always a wonderful opportunity to socialize, get creative, and enjoy the talents of our neighbors.



“The rain in Spain falls mainly on the plain.” *My Fair Lady*

Shopping Bus

Please be advised that shopping destinations have changed!

Make sure to look at the calendar.

Sign-up is required.

Departure time is 10 am.

Shopping time is determined by the bus driver. **Please plan for the time you will need to check out.**

Label shopping bags with your **name and apartment number.**

Only two bags per person. If you are feeling sick, please stay home!



May Birthdays

- 2 Robert Measel 214-B
- 5 Rita Osborne 151-C
- 6 Barbara Bednar 211-B
- 10 Zuzan Ehrhardt 135-D
- 10 Suzanne Walczak 114-C
- 10 Lori Rossi 214-D
- 10 Kathryn Schonning 176-A
- 13 Jin Suk Yang 118-B
- 15 Patricia Mangnanti 136-D
- 16 Paul Chemidlin 135-F
- 21 John Taylor 172-B
- 27 Linda Blaha 134-C
- 30 Netta Andolino 135-B
- 31 Shirley Miller 126-B

Moving Out

We bid a fond farewell to those who are moving on. We wish you good health and best wishes.

Run Pei & Yangling Wang of Village 6
Forwarding Address:
86 Alden Lane
Basking Ridge, NJ 07920

Mark Your Calendar

Sign up for activities using Touchtown or Call (908) 221-0266

Email Elanese@ridgeoak.org or sreino@ridgeoak.org with any questions.

Recreation Reminder

Need a ride to a program? The transporter is here and someone can always pick you up. Just call the office the “day of” the program.

Wii Bowling

Bowling games are played on Mondays at 9:30 am. Stop by and watch a game to see if you might be interested in joining!

Chess

Chess is played on Mondays at 11 am in Felmeth Hall. If you would like to play, call Angela Navatta, 908-566-7441, for more information.



Mahjong

Mahjong is played on Wednesdays at 10 am. Contact Emma in the office if you are interested in learning.

Weekly Book Delivery

Emma will stop at the Bernards Township Library each week to pick up any books you have on hold and deliver them to your door. This service is separate from the Monthly Book Buggy — only specific holds you have requested will be picked up.

Table Tennis

Every Thursday in Village 12, there is Table Tennis "open play" from 10 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. Interested in playing a tournament this spring?

Tech Support

Each Monday, volunteers will be available in Felmeth Hall from 4-5 pm to assist with tech support. They will help with setting up devices, troubleshooting tech issues, and navigating apps or websites. Volunteers speak both English & Mandarin. **Sign-up is required.**



St. James Eucharistic Adoration

Every Thursday, schedule permitting, the bus will depart from Felmeth Hall at 10 am to take residents to St. James Catholic Church. The bus will pick up residents at 11:30 am and return them to Ridge Oak. Sign-up is required.

Happy Hookers

Come and join your neighbors and friends on Fridays at 10 am in Felmeth Hall for an hour of conversation and handwork. Knitters, crocheters, cross stitchers, quilters and embroidery lovers are invited.



Bingo

Bingo is played on Fridays at 1 pm in Felmeth Hall. The cost of each card is \$1. Sign-up is required each week.

Exercise Series

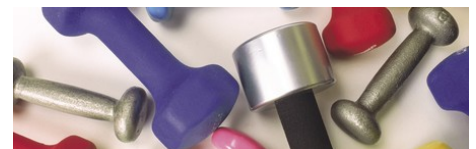
Breath & Balance: Yoga & Meditation is offered on Mondays at 1:00 pm and is led by Michele Gorka from Fellowship. This class focuses on breathwork, seated and standing yoga postures, and concludes with a guided meditation. It's designed to be accessible for all fitness levels.

Perfect Posture is offered on Tuesdays at 12:30 pm, also led by Michele Gorka. Participants will learn to become more mindful of their posture through targeted stretches and exercises aimed at improving alignment and body awareness.

"For the Men" Fitness is held on Wednesdays at 11:30 am and is led by Jim Stamateris. This class is designed specifically for men and focuses on core strength, flexibility, and functional movement.

Functional Fitness meets on Fridays at 12:30 pm, led by Jim Stamateris. This dynamic class incorporates strength training, circuit-style routines, and varied monthly formats to keep workouts fresh and effective. It's designed to challenge muscles and improve overall functional movement.

Sign-up is required for all exercise programs.
It's located in the lower level Wellness Center.



Walk & Talk With Ben

Our favorite naturalist from the Environmental Center will join us at Ridge Oak on Friday, May 1 at 2:30 pm for a walk around the neighborhood. This is a great opportunity to ask questions about our local birds, flowers, and more!

Spelling Bee & Pizza Social

The youth group from the Presbyterian Church will be here on Saturday, May 2, at 4 pm, for an afternoon of fun and games! Come out for some friendly and fun competition followed by pizza and dessert.

Pancake Breakfast

Sunday, May 3, the St. James Men of Charity will serve a pancake breakfast to Ridge Oak residents starting at 8:15 am in Felmeth Hall. The 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 many to prepare food for. Call the office by Friday, May 1, if you need a ride.



High Notes Rehearsal

The High Notes will continue rehearsal for their summer concert on Mondays, May 4 & May 18 at 2:30 pm in the lower-level Wellness Center.

May Crafting

Join Emma on Monday, May 4 at 11 am in Felmeth Hall as we switch our art wall from April showers to May flowers! We will be crafting our very own flowers, butterflies, and bees as we welcome in the spring weather.

Jewelry Sale

Just in time for Mother's Day and the summer season! Join us in Felmeth Hall on Tuesday, May 5, from 9:30 am to 2:00 pm for a special shopping event. Lynn Kaplan—with help from her friend Mary Pagel of Village 6—returns with a wonderful selection of jewelry, purses, clothing, and more. All proceeds from the sale will be donated to the Bernards Township First Aid Squad.

Mountain Park Walk

It's time to get outdoors and enjoy our local parks! The bus will depart from Felmeth Hall at 1:30 pm on Tuesday, May 5, for a trip to Mountain Park in Basking Ridge. This park offers a wonderful, flat walking path perfect for a gentle stroll. Feel free to bring your four-legged friends along as long as they have a leash!

Bible Study

Bible study will continue Wednesday, May 6, at 10 am, in Felmeth Hall and continue May 13 and May 27. Led by Pastor Dave from Bishop Janes UMC, these discussions welcome all perspectives and life experiences. Come one week or come all. All faith traditions are welcome, and all materials are provided.

Share a Song

Wednesday, May 6, 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.

Secrets of the Bees

Join us in Felmeth Hall on Thursday, May 7, at 2 pm, for a special screening of Disney Channel's extraordinary new documentary on honeybees. Experience the exquisite lives of these pollinators through breathtaking cinematography.



A 2025 Ridge Oak Honeybee on Echinacea.

Vintage Tavern

On Friday, May 8, the bus will depart from Felmeth Hall at 11am and head to Vintage Tavern in Gillette for a fun afternoon out! We will enjoy a delicious prix-fixe menu featuring appetizers, salad, and pizza. The cost for lunch is \$10, and you will be billed in June. Sign-up is required!



Caption Call Event

Join us in Felmeth Hall on Friday, May 8, at 2:30 pm, to learn about Caption Call, a service dedicated to helping those with hearing loss stay connected. As part of the federal government's ADA mandate, this program provides a user-friendly landline phone that displays real-time captions of your conversations, ensuring every word is clear. A representative will be on-site to demonstrate the phone's features and explain how eligible residents can receive this service and equipment at no cost.



Karaoke Sing Along

Join us on Monday, May 11, at 2 pm, in Felmeth Hall for an afternoon of singing! Whether you want to perform a solo or simply follow along with the group, come out and support your fellow residents.

Total Brain Health

Join us in Felmeth Hall on Tuesday, May 19 and 26, at 11 am, for a Total Brain Health class. Based on the research of Dr. Cynthia Green, this session uses science-backed exercises to strengthen your mind, body, and social spirit. Come learn proactive lifestyle strategies to boost your memory and keep your brain sharp!

Chair Tap Dance

You are never too old to tap! Join us for a fun, low-impact Seated Tap Class on Tuesday, May 12 and 19, at 2 pm, in Felmeth Hall. Come and discover the joy of movement.



Pokeno

Come out on Wednesday, May 13, at 2 pm, for a game of Pokeno in the Felmeth Hall Annex. Bring at least fifty pennies with you.

Monet Water Lilies

If you are a fan of Impressionism, you will not want to miss this special excursion! We are heading to the Morris Museum for a screening of the film Water Lilies by Monet: The Magic of Water and Light at the Bickford Theatre. This 94-minute film offers an in-depth tour of Monet's masterpieces and the inspiration he found at his home in Giverny. Sign-up is required. Cost of the film is \$10 and you will be billed in June.



Garden Party

Step into the spotlight on Thursday, May 14, at 12:30 pm, on the Village 12 patio for a "Red Carpet" Garden Party hosted by the Basking Ridge Garden Club. Dress your best for an afternoon featuring delicious food and a fun workshop where you will craft your very own glamorous flower arrangement. The cost is \$10, and space is limited to 25 residents. Sign-up is required.

Line Dancing

Join us for line dancing with Dave Farrell on Thursday, May 14, at 2:30 pm, in Felmeth Hall. This is a beginner class—no experience or partner needed! Come to watch or come to dance; everyone is welcome!

Card Making

Friday, May 15, at 2:30 pm, in Village 12, join Brenda Miller for card making. We will be making greeting cards using stamps, ink, and paper. All supplies provided and all crafting levels are welcome! Sign-up is required.

Bingo Outing

On Wednesday, May 20, at 11 am, the bus will head to St. Mary's Byzantine Catholic Church in Hillsborough for Bingo. Bingo play begins at 12:30 pm. The \$2 admission fee includes a package for 9 games. It is recommended to bring at least \$15 to play all the games. The bingo kitchen has food available for purchase. Please do not bring your own food or drink. Sign-up is required. Space is limited to 17 residents. We will return to Ridge Oak around 3 pm.



Ageless Grace Fitness

Join us Wednesday, May 20, at 1 pm, in the lower-level Wellness Center at Felmeth Hall for Ageless Grace, a fun brain fitness program with simple, seated movements set to music. It boosts cognitive function and daily physical skills, welcoming all ability levels. Wear comfortable clothes and shoes.

Memorial Day Mixer

Join us on Thursday, May 21, at 1 pm, in Felmeth Hall as we host a special Memorial Day Mixer! We are honored to welcome our neighbors from Valley Brook Village, a community dedicated to our veterans. With the help of the YMCA Togetherhood Committee, the afternoon is sure to be a wonderful time of camaraderie, food, games, and prizes. Sign-up is required.



Neighborhood Walk & Talk

Come out and enjoy the beautiful weather! Join Emma on Friday, May 22, at 2:30 pm, for a short neighborhood walk. Residents are welcome to bring their dogs (on a leash). If the weather is questionable, call the office.

Table Games

Join us Tuesday, May 26, at 1:30 pm, in Felmeth Hall for an afternoon of fun and games! We'll have Scrabble, Rummikub, Mahjong, and more.

Let's Drum!

Join Emma for drumming on Wednesday, May 27, at 2 pm, in the Lower-Level Wellness Center. We'll start with high-energy cardio drumming using drumsticks and choreographed seated movement for a fun workout. Then, we will transition to a traditional drum circle.



Ecumenical Service

Father Andrew will be here Thursday, May 28, at 10 am, in Felmeth Hall to lead our monthly Ecumenical service. All faith traditions are welcome to attend.

Fraud & Scam Prevention

Join Michele Stasse from the Bank of America on Friday, May 29, at 2:30 pm, in Felmeth Hall for an important session on staying safe in today's world. Michele will guide us through the latest tactics used by scammers, teaching you how to protect your personal information from financial fraud.

Mission Moments- Leadership in Action



This month's Mission Moment focuses on the entire Ridge Oak Maintenance team. Led by Director of Operations and Property, Rob, and Maintenance Supervisor, Matt, and including Harbi, Melvin, and Vasile. The team makes sure Ridge Oak looks good, runs smoothly, and that residents receive service with a positive attitude.

They have also gone above and beyond in preparing the buildings for federal inspections at Villages 1A, 9A, and 12 this year, which we passed with flying colors.

If you see them on the property, please take a moment to thank them for all the work they do!

Out & About- Local Happenings



THE CARE CONNECTION

A free workshop offering practical help and resources for caregivers and aging adults



Thursday, May 7, 2026 11am-12pm
Bernards Township Library
32 S. Maple Avenue, Basking Ridge

Agenda & Speakers:

- Home Care 101 - Community Visiting Nurse Association
- Navigating the Assisted Living Landscape - Beacon Senior Advisors
- Discover New Resources - Somerset County Office on Aging
- Q&A

Register Here: <https://tinyurl.com/bthdcare>



The inclusion of any organization/speakers for this program does not represent an endorsement or recommendation by the Bernards Township Health Department

Contact us for more information

(908) 204-3069

www.bernardshealth.org

ttomaino@bernards.org

Bernards Township Library Events

For all virtual programs, registration is required to receive a ZOOM link www.BernardsLibrary.org or call (908) 204-3031 x6.

- In Person: America 250: Discovering America- New Jersey to Montana, Sunday, May 3 at 2 pm.
- In Person: How Central New Jersey Won the Revolutionary War, Thursday, May 7 at 7 pm.
- In Person: iPad and iPhone Basics, Tuesday, May 12 at 11 am.
- In Person: Library Apps You can't Live Without! Thursday, May 28 at 2 pm.
- In Person: How to Use Today's AI Tools to Simplify Life & Business, Thursday, May 28 at 7 pm.