

# ACORN

VOLUME 47, ISSUE 7 JULY 2024

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

908/221-0266

FAX: 908/221-0042

www.ridgeoak.org

## Office Closure

**Ridge Oak office** will be closed Thursday, July 4 & Friday, July 5 for the holiday weekend. Happy Birthday America—248 years strong!

## Projects Underway

**In June**, we started the installation of centrally monitored smoke and heat detectors inside all Village 1 - 11 apartments. Residents will receive advance notice of required entry into their apartments.

**We are removing** eighteen inches of mulch from around villages 4, 5 & 6 over the summer. There is a new fire safety rule that requires removal of combustible material that is too close to buildings. This includes mulch. Mulch will be replaced with stone. Shrubs will remain. **DO NOT** plant any items in the ground.

## Important Reminders

**In the event** of a power outage, your first phone call should be to report the outage to JCP&L at 888-544-4877. Ridge Oak does not control the electricity. Every resident should call JCP&L each day the power is out. The more residents that call the better.

**If you hear** an alarm going off any time day or night, please call 911. Valuable time may be wasted by calling the Ridge Oak office first.



## Medical Information Sheets

**This month** our social work intern Marliese will begin calling residents to schedule appointments for providing new medical

information sheets. This updated version includes a revamped sheet and new magnetic holder for your refrigerator. Marliese can help you fill out the form. If later, you need help to update the form just call us! We do not store this information on our computer system, nor do we keep a copy in the office.

**Ridge Oak staff** can personally attest to the importance of a well-prepared medical information sheet. Many of us have been in residents' apartments during medical incidents, assisting emergency responders. A well-prepared fact information sheet can save a life!

## 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 can assist with rides to routine medical appointments. To discuss availability for your specific appointment, please call Molly at the Ridge Oak office or email [mclark@ridgeoak.org](mailto:mclark@ridgeoak.org).

## Protect Yourself from Scams

**Scammers** are now sending people EZ Pass texts to try to get account login and password information. If you get a text from EZ Pass DO NOT click on the link. Delete it!

### Other Simple tips:

- Never give out your social security number, Medicare number or bank account information to ANYONE who calls you (unsolicited) on the phone or texts you!
- Never click on a link in an unsolicited text message or e-mail!
- Never call your credit card company or bank using the phone number in a text message given to you by someone over the phone or in an e-mail. Only call the phone number on the back of your credit card, on a bank statement or via an official website!
- Never go to the store to buy gift cards or to wire money to a stranger who calls you or texts you! Listen to your gut. If it feels like a fraud, it is. Talk to a family member or friend when you have been frightened or have that fluttery feeling in your gut!

## Clock Starts Ticking on Day One

**Not to be** morose but, if you pass away while still a resident of Ridge Oak, your next of kin will have 14-days from the date of your death to clean out all your personal belongings from the apartment. If they need more time, they will be required to pay market rent daily. This can get expensive.

**Please let** your friends or family know about this requirement. It is NOT Ridge Oak's rule it is HUD's rule. We must terminate rental assistance 14-days after death. If personal items are not gone and keys returned in 14 days, your family will have to pay market rent! It sounds cruel but many families have said it is a blessing as it makes them get it done.

## Local Handyman

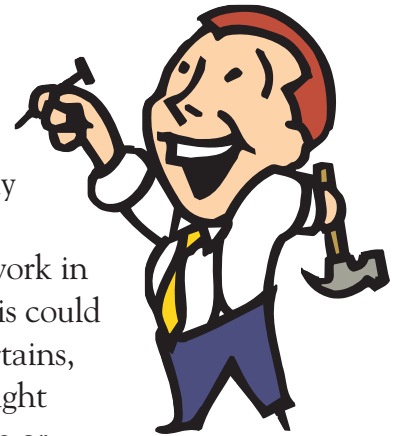
### A local gentleman

and member of Basking Ridge Presbyterian

Church is generously offering his time for

light handyman 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](mailto: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 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. Call the office to speak with Molly at (908) 221-0266 to schedule your podiatry appointment. Ridge Oak helps to coordinate this service for you!

## Zufall Dental Van

**Zufall Dental** van continues to serve Ridge Oak residents. There is currently a waiting list for services. If you would like to become a new patient, call the office to speak with Molly at (908) 221-0266 or email [mclark@ridgeoak.org](mailto:mclark@ridgeoak.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.

## Please Send a Thank You Note

**Congratulations** to Basking Ridge Garden Club! They won the “Garden Therapy Award” from the Garden Club of NJ for their work at Ridge Oak hosting an annual pot planting and garden party event.

**What a wonderful** Red, White, & Blue Garden Party we had in Village 12 this year! Despite the wind and drizzle Thursday, May 16, the ladies of Basking Ridge Garden Club served sandwiches, sweets, cold drinks and worked with residents to pot flowers “to go.” This event is truly a highlight of the spring season at Ridge Oak.

**Please send** a note of thanks to:  
Basking Ridge Garden Club  
c/o Diane Falato  
10 Harcourt Lane  
Basking Ridge, NJ 07920

## Shopping Bus

**Shopping bus** departure time is 10 am! Friday, July 26 we will stop at Char Burger and Creamery following our trip to Wegmans in Bridgewater. Char burger has great burgers, hot dogs, fries and homemade shakes!

**NEW** - 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 sign up so we can 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 your 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!

**Limit of** two bags per passenger, per trip. Label your shopping bags with your name AND apartment number. No cases of water or overloaded bags are allowed. You must be able to safely store and carry your purchases.

**Check** the calendar for dates, times, and destination. If you are feeling sick, please consider the other passengers and stay home! Sign-up for the shopping bus is required.

From Congregate  
*Shannen*

**Housekeeping** - When you have a house-keeping appointment scheduled during the summer months, please turn on your air conditioner to cool the apartment.

**A friendly** reminder: When in the dining room, please practice patience and kindness toward your fellow diners and the Galley Crew members who serve you. Please refrain from using your cell phone while at the table. If you need to take a call, step out of the dining room.



**To schedule** a service or a meal or if you have questions about your cost for ANY service, call the office and speak to Shannen or email [rsrivers@ridgeoak.org](mailto:rsrivers@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 Lessons

**Wednesdays** - Honeybee Hive Check

**Wednesdays** - Stump the Rabbi & Priest

**Fridays** - Bowling

**Fridays** - Happy Hookers

**Fridays** - Bingo

**Wednesday, July 3** - Share a Song

**Tuesday, July 9** - Table Games

**Wednesday, July 10** - Your Eyes and You

**Thursday, July 11** - Ocean Grove Trip

**Saturday, July 13** - Ross Farm Music Event

**Tuesday, July 16** - Brain Games

**Wednesday, July 17** - Ageless Grace Fitness

**Thursday, July 18** - Ecumenical Service

**Thursday, July 18** - Farewell to Father Dick

**Thursday, July 18** - Singing Bowl Workshop

**Friday, July 19** - Card Making

**Monday, July 22 & 29**

Take Control of Your Health

**Tuesday, July 23** - Neighborhood Coffee

**Wednesday, July 24**

Watercolor Florals from Life

**Thursday, July 25** - Library Book Buggy

**Tuesday, July 30** - Pokeno

**Wednesday, July 31** - Always... Patsy Cline

**Thursday, August 1** - Afternoon Movie

## Mahjong Lessons

**Mahjong** is played Tuesday mornings from 9:30 to 11:30 am in Felmeth Hall. A traditional Chinese tile-based game, players assemble tiles based on patterns and combinations. It requires strategic thinking, pattern recognition, and luck, making it a challenging and engaging pastime. Learn a new game that will sharpen your mind! We need at least four players each week to play. Please contact Emma in the office before signing up on Touchtown!

## Bowling & Chess

**No Bowling** Friday, July 5. Bowling games are played on Mondays & Fridays at 9:30 am and 10:30 am. Only four people each hour. Stop by and watch a session to see if you'd like to try bowling. Call the office to check availability. Sign-up is required each month.

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

## Exercise Series

**No class** Friday, July 5. All classes are in the lower-level Wellness Center at Felmeth Hall. Sign up early to guarantee a spot!

**Chair Yoga** – Mondays

at 1 pm in Wellness

Center. Led by

Michele Gorka from

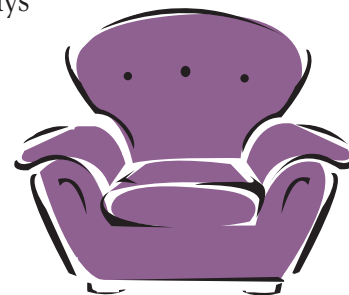
Fellowship, this class

goes through seated

and standing yoga

postures. All fitness

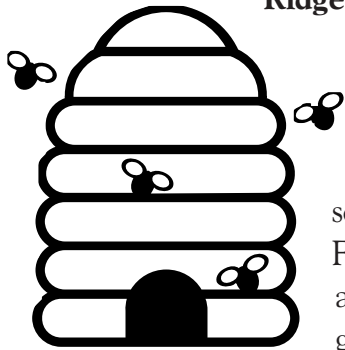
levels welcome! Sign-up is required.



**Perfect Posture** – Tuesdays at 12:30 pm in the Wellness Center. Led by Megan Lynch-Smith from Fellowship. Perform exercises to help improve postural alignment. All fitness levels welcome! Sign-up is required.

**Strength & Endurance** – There will be no Friday exercise in July and August. Check back for class update in September.

## Honeybee Hive Check



**Ridge Oak** has two honeybee hives! Hive checks will typically be done Wednesday mornings at 11 am (weather & schedule permitting). Feel free to come down and observe from afar or get up close if you have a bee suit! Check out Ridge

Oak honeybee module on Touchtown for bee info and updates on our hives. If you have questions about 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

**We would love** to have more singers join the Ridge Oak choir when rehearsals resume in September after our summer break. If you are interested in singing, please call or email Emma, [elanese@ridgeoak.org](mailto:elanese@ridgeoak.org).

## Happy Hookers

**No Hookers** Friday, July 5. Come join your friends Fridays at 10 am in Felmeth Hall for a social time doing all types of handwork—knitting, cross stitching, quilting, embroidery. We have some 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, July 5. 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. Sign-up is required to play each week.

## Share a Song

**Wednesday**, July 3 at 2 pm, join Emma in the lower-level Wellness Center of Felmeth Hall for music listening. 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. You do not need to share a song to enjoy the music! Sign-up is required.

**All music** played in previous Share a Song programs can be accessed through Touchtown App under “Recreation Resources.” If you have questions, ask Emma. We have a great playlist you can listen to from home!

## Table Games

**Join us** Tuesday, July 9 at 1:30 pm in Felmeth Hall 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.

## Your Eyes & You

**We will have** Optometrists, Dr. Michael and Dr. Amanda Gredzik here on Wednesday, July 10 at 9:30 am in Felmeth Hall Annex providing eye exams for Ridge Oak residents.

Space is limited.

Sign-up is required.

After registering,

Molly will call you with your appointment time. If you have

questions, call the office to

speak with Molly at (908) 221-0266 or email [mclark@ridgeoak.org](mailto:mclark@ridgeoak.org).



## Stump the Rabbi & the Priest

**Is there something** you’ve always wanted to know about God, religion, faith and the Bible? Send in some good questions or produce them on the fly and join Rabbi Robert Green and Father Rick Morley on July 10, 17 & 24 at 1 pm

in Felmeth Hall where they will lead discussions based on your questions. We will be sure to learn a lot—and laugh a lot too! You can send your questions to [elanese@ridgeoak.org](mailto:elanese@ridgeoak.org) or call Emma in the office. Residents of ALL faith traditions are welcome! Sign-up is required.

## Ocean Grove Trip

**Due to poor** weather, this trip was cancelled on June 6. It has been scheduled for Thursday, July 11. Residents who signed up in June will be given “first dibs” on a bus seat. If you would like to go but did not sign up for June 6, let us know and we will put you on a wait list.

**A charter bus** will depart from Felmeth Hall at 9 am Thursday, July 11, and head to Ocean Grove, NJ. We will have a private tour of the Methodist Camp town by historian Bob Waitt, who has been with the Historical Society of Ocean Grove for 20 years.

After the tour, there will be time to walk downtown, have lunch on our own and see the ocean.

Cost of the trip is \$10, and you will be billed in August. Light snacks and water will be provided. Bring money for lunch! Space is limited. Sign-up is required.

**Please Note:** Before you sign up, please consider your ability to get on and off the charter bus on your own. While Ocean Grove is not big, we suggest you have a “buddy” on the trip to navigate around town and to find your way back to our meeting place and bus. Have your cell phone with you and be sure it is fully charged. Staff cannot provide 1:1 assistance and monitoring.



## Ross Farm Music Event

**Saturday**, July 13 Ross Farm gates (at 135 N. Maple Avenue, going toward Rt. 287) will open at 6:30 pm for an outdoor music event. The Young Fables will perform at 7 pm. This duo weaves classic American story telling with pop music and they are making a repeat appearance at Ross Farm! Bring your own chair, a snack and a drink. We have 10 tickets available for Ridge Oak residents at \$5 each and we will even loan you a lightweight aluminum chair to use! Tickets are normally \$25 each. No bus service is available so you will have to get there and back to Ridge Oak. Deadline to sign up for this event is Thursday, July 11, so we can give you your ticket.

## Brain Games

**Tuesday**, July 16 at 1:30 pm in Felmeth Hall, join Emma for trivia and other fun games to help stimulate our brains. Be with your friends while exercising your memory and evaluating your knowledge! Call the office the “day of” if you need a ride. Sign-up is required.

## Ecumenical Service

**Father Rick** from St. Mark’s Episcopal Church will lead his final Ecumenical Service on Thursday, July 18 at 10 am. All are welcome! Call the “day of” if you need a ride.

## Farewell to Father Rick

**After 15 years** of dedicated service, Father Rick Morley from St. Mark’s Episcopal Church is moving on to BIGGER things! On Sunday, August 4 he will lead his last service at St. Mark’s and will move on to St. David’s Episcopal Church in Wayne, PA.

**We have been** SO BLESSED to have Father Rick consistently “front and center” at Ridge Oak. He has been here since the start of his ministry at St. Mark’s preaching monthly,

making home and hospital visits to residents, blessing homes, visiting puppies, blessing busses and entertaining us with his favorite side kick, Rabbi Robert Green! He has been a steady counsel to Ridge Oak leadership and has always had our back!

**Join us** for Father Rick's final ecumenical service in Felmeth Hall Thursday, July 18 at 10 am followed by a light brunch celebrating Father Rick, his ministry and new adventures for him and his family. Sign-up is required by Friday, July 12 so we can plan for food!

### Singing Bowl Workshop

**Join us** Thursday, July 18 at 2 pm, in the lower-level Wellness Center for an immersive Singing Bowl Workshop, guided by Sherri Williamson, owner of Summit Yoga & Sound. Delve into the world of Himalayan Singing Bowls and discover their transformative powers in enhancing your energy levels and fostering relaxation. Explore the rich history of these bowls. Get firsthand experience as you handle and play these enchanting bowls. Space is limited. Sign-up is required.

### Card Making

**Friday** July 19 at 1 pm in Village 12, join Brenda Miller for card making. We will make greeting cards using stamps, inks, and paper. All supplies provided and all crafting levels welcome! Call the "day of" if you need a ride. Space is limited to 15. Sign-up is required.

### Take Control of Your Health

**Starting** Monday, July 22 & 29 at 12 pm, in Felmeth Hall, Empower Somerset will offer a 6-week Stress Management series that will run through August. This series covers a wide range of topics, including recommendations and strategies for those who are experiencing chronic pain. This interactive workshop is designed to decrease pain and increase vitality.

The program includes lunch at every session and a \$50 gift card for program completion. Space is limited to 15 residents—the same 15 residents each week. You must attend five of the six sessions for course completion. Sign-up is required. Call the "day of" if you need a ride.

### Neighborhood Coffee

**Come to** Felmeth Hall on Tuesday, July 23 at 10:30 am and have a cup of coffee or a glass of iced tea with your neighbors. There is no Ridge Oak agenda, this is an opportunity to sit down and chat with friends old and new! Please sign up so we can set up appropriately.



### Watercolor Florals from Life

**Come paint** summer flowers in watercolor using blooms from the garden on Wednesday, July 24 at 10 am in Village 12. We will paint individual flowers and a bouquet. Instruction will be provided by Wendy Halstrom from Center for Contemporary Arts in Bedminster. The program will be adapted to all levels, beginner through advanced. All materials will be provided. We are limited to 12 residents. Cost of the class is \$5. You will be billed in August. Sign-up is required.

### Library Book Buggy

**Book Buggy** returns Thursday, July 25 at 2 pm. If you would like the Buggy to stop at your apartment, call Ridge Oak office so we can plan our route. To request a specific item delivered to your door Thursday, July 25 call the library at (908) 204-3031 - option 2, to let them know you would like the item brought to Ridge Oak with the next Book Buggy OR email requests to [circ-ber@mainlib.org](mailto:circ-ber@mainlib.org).

## Pokeno

**Come out** Tuesday, July 30 at 1:30 pm for Pokeno in Felmeth Hall Annex. Bring at least fifty pennies with you. Sign-up is required.

### Always...Patsy Cline

**Wednesday**, July 31, a charter bus will leave at 9:30 am for Hunterdon Hills Playhouse for a celebration of the legendary country singer. The musical created by Ted Swindley features all of Patsy Cline's greatest hits. Price of the ticket is normally \$82, but Ridge Oak resident price is \$40. Ticket includes show, meal, dessert buffet, coffee, tea, tax and gratuity. Tickets are limited. Sign-up is required.

**Cost is \$40.** If you sign up and cannot attend, you must cancel by 11 am on Monday July 29 or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in August.

### Movie Matinee

**Join us** Thursday, August 1 at 2 pm in Felmeth Hall to view the 2023 film, *The Boys in the Boat*, directed by George Clooney. Based on the book by Daniel James Brown, this biographical sports drama follows the University of Washington rowing team, and their quest to compete in the 1936 Summer Olympics. Light refreshments will be provided. Sign-up is required.

### Resident Recommendation

**Have you gone** to a local restaurant or shopping establishment and want to share the good news with your neighbors? Send detailed information to Emma at [elanese@ridgeoak.org](mailto:elanese@ridgeoak.org) and we will highlight it in ACORNS.

**This month** residents recommend "Cilento" at 37 Plainfield Road, Stirling, 908-647-2272. Open for lunch and dinner 7 days a week (no lunch on Mondays). Wonderful patio and tent seating with a wood fired pizza oven.

## Out and About –

### Local Happenings

Bernardsville Cinema Free Theatrical Evening. Head over to Bernardsville movie theater for a free viewing of a Tony award winning musical, HAMILTON on Wednesday, July 31 at 6 pm. Tickets are free, but you must register in advance at [www.bernardsvillecinema.com](http://www.bernardsvillecinema.com) or call (908) 766-0770.

### Bernards Township Library Events

For all virtual programs, registration is required to receive a Zoom link: [www.BernardsLibrary.org](http://www.BernardsLibrary.org) or call (908) 204-3031 x116.

- In Person: The History of Free Speech, Tuesday, July 2 at 7 pm
- In Person: Sharks 101- an EEC outreach program, Tuesday, July 9 at 7 pm
- In Person: Understanding Artificial Intelligence, Thursday, July 11 at 7 pm
- Virtual: Flavors of Greece- a Thirsty Radish Event, Tuesday, July 16 at 7 pm
- Virtual: Ancient Olympics- An Armchair Art Lecture, Monday, July 22 at 7 pm
- Virtual: Anything Goes-America During the Jazz Age, Thursday, July 25 at 7 pm
- In Person: iPad and iPhone: Beyond the Basics, Wednesday, July 31 at 11 am

### 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 July 1st

- 1st Monday  
 9:30/10:30 am Bowling  
 10 am BUS Bernardsville  
 11 am Chess  
 1 pm Chair Yoga  
 5 pm DINNER- Chicken Tenders
- 2nd Tuesday  
 9:30 am Mahjong  
 10 am BUS Stirling & Gillette  
 12:30 pm Perfect Posture  
 5 pm DINNER- Seasoned Flounder

- 3rd Wednesday  
 10 am BUS Lyons Mall  
 11 am Honeybee Hive Check  
 2 pm Share a Song  
 5 pm DINNER- Ziti and Meatballs

- 4th Thursday  
 OFFICE CLOSED

- 5th Friday  
 OFFICE CLOSED

## Week of July 8th

- 8th Monday  
 9:30/10:30 am Bowling  
 10 am BUS Bernardsville  
 11 am Chess  
 1 pm Chair Yoga  
 5 pm DINNER- Turkey Burger
- 9th Tuesday  
 9:30 am Mahjong  
 10 am BUS Stirling & Gillette  
 12:30 pm Perfect Posture  
 1:30 pm Table Games  
 5 pm DINNER- Pork Spare Ribs

- 10th Wednesday  
 9:30 am Your Eyes & You  
 10 am BUS Lyons Mall  
 11 am Honeybee Hive Check  
 1 pm Stump the Rabbi & Priest  
 5 pm DINNER- General Tso's Chicken

- 11th Thursday  
 9 am Ocean Grove Trip  
 10 am BUS Farmers Market  
 12 pm LUNCH- Tuna Salad & Greens

- 12th Friday  
 9:30/10:30 am Bowling  
 10 am BUS Manville Walmart  
 10 am Happy Hookers  
 1 pm Bingo  
 5 pm DINNER- Salisbury Steak

- 13th Saturday  
 6:30 pm Ross Farm Music Event

## Week of July 15th

- 15th Monday  
 10 am BUS Bernardsville  
 9:30/10:30 am Bowling  
 11 am Chess  
 1 pm Chair Yoga  
 5 pm DINNER- Citrus Glazed Salmon

- 16th Tuesday  
 9:30 am Mahjong  
 10 am BUS Stirling & Gillette  
 12:30 pm Perfect Posture  
 1:30 pm Brain Games  
 5 pm DINNER- Philly Cheese Steak

- 17th Wednesday  
 10 am BUS Lyons Mall  
 11 am Honeybee Hive Check  
 1 pm Stump the Rabbi & Priest  
 1 pm Ageless Grace Fitness  
 5 pm DINNER- Sliced Pork Roast

- 18th Thursday  
 10 am BUS Farmers Market  
 10 am Ecumenical Service & Farewell  
 2 pm Singing Bowl Workshop

- 19th Friday  
 9:30/10:30 am Bowling  
 10 am BUS Lidl Morris Plains  
 10 am Happy Hookers  
 1 pm Bingo  
 1 pm Card Making V12  
 5 pm DINNER- Chicken Meatballs

**Week of July 22nd**

- 22nd Monday  
9:30/10:30 am Bowling  
10 am BUS Bernardsville  
11 am Chess  
12 pm Take Control of Your Health  
1 pm Chair Yoga  
5 pm DINNER- Turkey Breast
- 23rd Tuesday  
9:30 am Mahjong  
10 am BUS Stirling & Gillette  
10:30 am Neighborhood Coffee  
12:30 pm Perfect Posture  
5 pm DINNER- Pork Loin
- 24th Wednesday  
10 am BUS Lyons Mall  
10 am Watercolor Florals V12  
11 am Honeybee Hive Check  
1 pm Stump the Rabbi & Priest  
5 pm DINNER- Beef & Broccoli
- 25th Thursday  
10 am BUS Farmers Market  
12 pm LUNCH- Chicken Salad/Greens  
2 pm Library Book Buggy

- 26th Friday  
9:30/10:30 am Bowling  
10 am BUS – Bridgewater Wegmans  
10 am Happy Hookers  
1 pm Bingo  
5 pm DINNER- Tilapia Almondine

**Week of July 29th**

- 29th Monday  
9:30/10:30 am Bowling  
10 am BUS Bernardsville  
11 am Chess  
12 pm Take Control of Your Health  
1 pm Chair Yoga  
5 pm DINNER- Lemon Chicken
- 30th Tuesday  
9:30 am Mahjong  
10 am BUS Stirling & Gillette  
12:30 pm Perfect Posture  
1:30 pm Pokeno  
5 pm DINNER- Beef Brisket
- 31st Wednesday  
9:30 am Always...Patsy Cline  
10 am BUS Lyons Mall  
5 pm DINNER- Eggplant Rollatini

