

# ACORNS

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

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## June Notable Dates

- **LGBTQ+** Pride Month (all of June) June is recognized as LGBTQ+ Pride Month, celebrating LGBTQ+ identities, rights, and history through parades, awareness events, and community gatherings.
- **Flag Day** (June 14) Flag Day commemorates the adoption of the U.S. flag in 1777 and serves as a day to honor American heritage and national pride.
- **Father's Day** (June 15) Father's Day honors fathers and father figures and is often celebrated with gifts, meals, and quality time with loved ones.
- **Juneteenth** (June 19) Juneteenth commemorates the end of slavery in the United States in 1865 and celebrates African American freedom, culture, and progress.
- **Summer Solstice** (June 20) The Summer Solstice marks the longest day of the year in the Northern Hemisphere and signifies the official start of summer.

## New Fire Monitoring System

**The new fire monitoring** system is now active in your apartments. To help prevent unnecessary alarms, please keep the following tips in mind:

- Always use your range hood exhaust fan AND ceiling exhaust fan while cooking.



- Keep burners, drip pans and oven clean to reduce the possibility of smoke or fire.
- Monitor while cooking. Never leave your stove unattended while in use.
- Avoid using excessive cooking oils, which can easily overheat

and create smoke.

- Do not store items on the stovetop or inside the oven. Burner covers are not permitted.

See "Apartment Safety" module in Touchtown for more information.

## Take Action:

### Support HUD Funding, Reject Proposed Cuts

Federal rent subsidies for Ridge Oak residents come from Department of Housing and Urban Development (HUD) programs funded by Congress, and those programs are now at risk of being cut. Congress has begun its process to determine fiscal year 2026 funding for HUD's programs. On May 2, the White House

delivered a broad overview of its budget request to Congress. This request includes a proposal to shrink federal funding for HUD by 43.6%. If adopted, these proposals would undermine nearly a century of federal rental assistance efforts and could severely jeopardize our ability to serve low-income older adults.

**While these changes** may not come to pass, now is the time to urge Congress to reject these proposals and support continued funding. Visit “Advocacy” module on Touchtown for more information and resources on how to contact elected officials representing our district. If you would like assistance submitting a statement to your representatives, Molly will be available to help on Friday, June 6, from 10 am to 12:30 pm. To schedule, please contact her at 908-221-0266 or by email at [mclark@ridgeoak.org](mailto:mclark@ridgeoak.org).

## Get Out & Vote

### NJ Primary Election

is Tuesday, June 10. Your POLLING Place is Felmeth Hall!

**Applications** for a Mail in Ballot are also available from the office or via the County website. You must be a registered voter to apply for a Mail-In Ballot. Once you apply for a Mail-In Ballot, you will NOT be permitted to vote by machine at your polling place in the same election. A voter may apply for a Mail-In Ballot by mail up to 7 days prior to the election. Applications are due by June 3. Voters also now have an option of automatically receiving a Mail-In Ballot for each General Election.



## Maintenance Requests

**All maintenance** requests must be initiated through the front desk by calling 908-221-0266 or by using the “Maintenance Requests”

module on Touchtown. If you stop a staff member on the property or mention an issue in a casual conversation, it’s easy for the request to be forgotten.

## Let’s Say Thanks

**We recently** enjoyed two wonderful events that helped welcome in the spring season. Please take a moment to share your gratitude.

### **Pancake Breakfast** – Sunday, May 4.

We raised \$145 for The Center of Great Expectations. A special thanks to St James Men of Charity for hosting a warm and welcoming breakfast. If you attended, please send a thank-you note to:

St James Men of Charity  
St James Catholic Church  
PO Box 110  
Basking Ridge, NJ 07920

### **Tea & Garden Party** – Thursday, May 15.

Basking Ridge Garden Club hosted a lovely afternoon at V12, complete with flowers, treats, and spring cheer. Let’s thank them for their time and effort:

Basking Ridge Garden Club  
c/o Diane Falato  
10 Harcourt Lane  
Basking Ridge, NJ 07920

## Ridge Oak Resident Wi-Fi

**We’ve started** installing new wireless access points in resident apartments. These devices will be mounted on the ceiling and will give you access to Ridge Oak’s free Wi-Fi network, using your own unique login information. Once the project is finished, you’ll be able to connect cell phones, tablets, computers, and even smart TVs to the internet—at no cost to you. This service is completely optional, but available for anyone who would like to use it. We expect the work to be done sometime this

summer. Check Acorn calendar for ongoing Wi-Fi and internet education sessions with Molly and Emma throughout the summer.

## Farmers Market QR code update

**Previously**, Senior Farmers Market QR codes were \$50 for individuals and \$100 for couples. At the end of May, the State of NJ and Somerset County informed us that due to federal funding cuts, beginning this season, QR codes will now be \$40 for individuals and \$80 for couples. Please contact Molly in the Ridge Oak office or at [mclark@ridgeoak.org](mailto:mclark@ridgeoak.org) with any additional questions.



## Scam Alerts

**Be cautious** of letters claiming your car warranty is about to expire—they're often scams designed to trick you into buying fake coverage or giving up personal information. These mailers may look official and use urgent language like "FINAL NOTICE," but they're not from your dealer or car manufacturer. Don't call the number, don't share any personal details, and report suspicious mail.

## Meal Program Reminder

**Our dining program** is primarily designed for in-person socialization. When possible, we accommodate home deliveries for residents who are ill. We can only deliver a limited number of meals each day. To request a delivery due to illness, contact Shannen in the Ridge Oak office no later than 3 pm on the day of the meal. No requests for packaged/takeaway meals should be made in the dining room or to Galley Crew members. Residents may not pick up meals for other residents.

## Podiatry Services

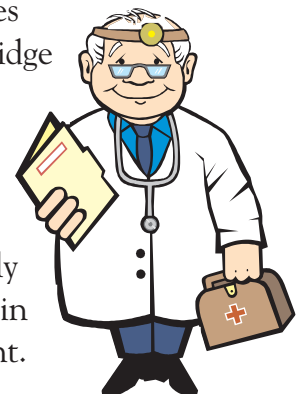
**We have** identified a new podiatry provider that may be of interest to our residents, Home Foot Care Services. Their specialty is home podiatry visits. They do trimming of hard to cut toenails, ingrown nail surgery, diabetic and pressure ulcer care, treatment of gout, lower extremity infections, foot and ankle sprains and even fractures. Home Foot Care Services can order x-rays, bacterial cultures, and diagnostic ultrasound all "at a bedside." They accept Medicare Part B and supplemental secondary insurances. If you are interested, contact Molly at the Ridge Oak office. Ridge Oak does not have any affiliation agreement with, nor do we endorse any specific health care provider for podiatry services.

## Wellness Nurse

**Ridge Oak** has a Wellness Nurse on site every Tuesday & Thursday. Eunice from Fellowship Life is available to answer questions about health concerns so they can be quickly addressed before they turn into bigger problems. There is no cost for this service! Call Ridge Oak office to make an appointment to have Eunice visit your apartment or to stop by and see her here.

## 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 in collaboration with St. James Transportation Ministry, Ridge Oak assists with rides to routine medical appointments. To discuss availability for your specific appointment, contact Molly at the office at least 7 days in advance of the appointment.



## 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](mailto: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 a copy.

## Event Attendance Policy

**Emma, Shannen**, and the entire Ridge Oak team work hard to plan and host activities and meals for everyone to enjoy. We ask that you respect the staff and your fellow residents by showing up and arriving promptly for activities or meals for which you've signed up.

**When residents** don't arrive on time, staff may need to check in to ensure everything is okay, which disrupts the event for others. Make a note on your calendar or enable Touchtown notifications as a helpful reminder for events for which you've signed up. If you need assistance enabling notifications, please contact Shannen at the Ridge Oak office. If you cannot make an event, please cancel by calling the office or cancelling in the Touchtown app. For an event that involves an outside group, vendor or organization, you **MUST** cancel by 4 pm the day before the event or you will be billed \$5. This requirement will be noted in the event description.

## Shopping Bus

NO SIGN UP required for routine shopping bus runs! 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 stop at Bank of America. These stops are for quick banking transactions, like depositing a check or getting money from the ATM. Tell the driver where you need to stop.

**Be sure** you know what time the bus heads back to Ridge Oak. Have a watch or phone with you and plan for the time you will need to 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 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.

## 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](mailto:Sreino@ridgeoak.org) or [Elanese@ridgeoak.org](mailto:Elanese@ridgeoak.org)

**Mondays** - Bowling & Chess

**Mondays**

Breath & Balance: Yoga & Meditation

**Mondays & Wednesdays**

Chinese Traditional Exercise V12

**Mondays** - Watercolors with Wendy V12

**Mondays** - Tech Support

**Tuesdays** - Perfect Posture

**Tuesdays** - Mahjong

**Tuesdays**

Table Tennis Open Play V12

**Wednesdays** - "For the Men" Fitness



**Wednesdays** - High Notes Rehearsal

**Thursdays**

St. James Eucharistic Adoration

**Thursdays** - Blood Pressure Clinic

**Fridays** - Happy Hookers

**Fridays** - Functional Fitness

**Fridays** - Bingo

**Sunday, June 1** - Pizza & Prize Bingo

**Tuesday, June 3** - Patio Games V12

**Wednesday, June 4**

A Spiritual Journey of Grief

**Wednesday, June 4** - Share a Song

**Thursday, June 5**

Liberty Science Center

**Friday, June 6**

Bernardsville Library Senior Breakfast

**Monday, June 9** - Notables Concert

**Tuesday, June 10**

Faith Tradition Tour Rescheduled

**Wednesday, June 11**

Songs for Summer V12

**Thursday, June 12** - Ecumenical Service

**Thursday, June 12 & June 26**

Line Dancing

**Friday, June 13** - Duke Farm Walk & Lunch

**Monday, June 16**

Fraud & Scam Prevention

**Tuesday, June 17**

Painted Reflections:  
A Solstice Meditation

**Wednesday, June 18**

Ready to Paint Outing

**Thursday, June 19** - Afternoon Movie

**Friday, June 20** - Card Making V12

**Monday, June 23**

Hope's Promise:  
Healing Through Horses V12

**Monday, June 23** - All About Wi-Fi

**Tuesday, June 24** - Let's Drum!

**Wednesday, June 25**

Hearing Loss Screening

**Wednesday, June 25**

High Notes Sing the Jukebox

**Thursday, June 26** - Library Book Buggy

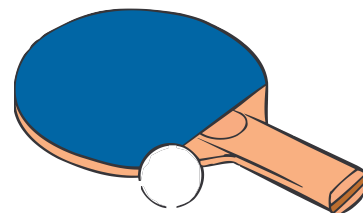
**Friday, June 27** - National Bingo Day!

**Monday, June 30** - Bridge to Success

## Table Tennis

**Every Tuesday** in Village 12, there is Table Tennis "open play" from 11 am to 4 pm. The patio door at the rear of

Village 12 will be unlocked and all equipment will be provided. Please make sure to share the table and return all equipment to the bin when you are finished.



## Mahjong

**Mahjong** is played Tuesday mornings from 9:30 am to 11:30 am in Felmeth Hall. A traditional Chinese tile game, players aim to assemble sets of tiles based on specific patterns and combinations. It requires strategic thinking, pattern recognition, and luck, making it a challenging and engaging pastime. 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. Only four people each hour. No experience required. Stop by and watch a session to see

if you might be interested in bowling. Call the office to check availability. Sign-ups are required each month.

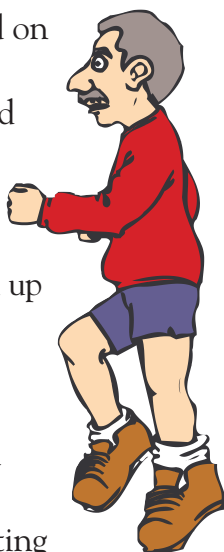
**Chess** - During bowling on Mondays, we have tables for chess players. If you would like to play chess, call the office for more information.

## Exercise Series

**All classes** are held in the lower-level Wellness Center at Felmeth Hall.

**NEW TIME Breath & Balance:** Yoga & Meditation – Mondays at 1 pm in the Wellness Center. Led by Michele Gorka from Fellowship, the class will introduce breathing exercises, flow through both seated and standing yoga postures and finish with meditation practice. All fitness levels welcome! Sign-up is required. Cancel by 4 pm the day before class or you will be billed \$5.

**“For the Men” Fitness** – No Class on Wednesday, June 4. Classes held on Wednesdays at 11:30 am in the lower-level Wellness Center. Led by Jim Stamateris, this class focuses on movement, core stability and flexibility. You will learn how to properly warm up with stretches and healthy movements to prevent overuse. 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 practiced, so you can keep up with your routine at home. All fitness levels welcome! Sign-up is required. Cancel by 4 pm the day before class or you will be billed \$5.



**Perfect Posture** – Tuesdays at 12:30 pm in the Wellness Center. Led by Megan Lynch-Smith from Fellowship. In this class you will perform stretches and exercises to help improve postural alignment. All fitness levels welcome! Sign-up is required. Cancel by 4 pm the day before class or you will be billed \$5.

**Functional Fitness** – No Class Friday June 6. Jim Stamateris will lead a group exercise class on Fridays at 12:30 in the Wellness Center. This class focuses on dynamic movement and incorporates different styles of exercise routines: dynamic stretches, circuit-based exercises, strength training. Each month will showcase a different combination for a unique approach to exercising. Don’t be shy if you feel you aren’t “fit enough” for the class, as every exercise will have modifications based on your level. All fitness levels welcome! Sign-up is required. Cancel by 4 pm the day before class or you will be billed \$5.

## Ridge Oak Honeybees

**Many of you** have expressed interest in helping with the hives. Since hive checks depend on the weather, they can be tricky to schedule. Keep an eye out for an email with updates and opportunities to get involved. If you’d like to be added to the mailing list, contact Emma at [Elanese@ridgeoak.org](mailto:Elanese@ridgeoak.org).



## The High Notes

**The High Notes** will continue rehearsing for their concert on Wednesday, June 25. Rehearsals will be Wednesday, June 4, June 11 and Tuesday, June 24 at 3 pm in the lower-level Wellness Center. If you are interested in singing, please call or email Emma, [elanese@ridgeoak.org](mailto:elanese@ridgeoak.org).

## Happy Hookers

**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 required.

## Bingo

**Bingo** is played Fridays at 1 pm in Felmeth Hall. Cost of each card is \$1. Ms. Candy will call prize bingo on Friday, June 13. Call the “day of” if you need a ride on the transporter. Sign-up is required to play each week.

## Blood Pressure Clinic

**Thursdays** at 11:30 am, our nurse Eunice will host a weekly blood pressure clinic in Felmeth Hall Annex. Stop by for a quick check. Call the “day of” if you need a ride.

## Chinese Traditional Exercise

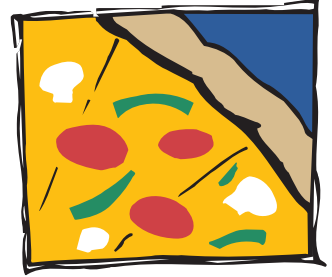
**Every Monday & Wednesday**, schedule permitting, we will have Chinese Traditional Exercise in Village 12 at 2 pm. The program is led by fellow residents. Whether you’re looking to relax, recharge, or just interested in learning more about Chinese culture, all residents are welcome. No sign up is required.

## St. James Eucharistic Adoration

**Every Thursday**, schedule permitting, the Ridge Oak bus will leave Felmeth Hall at 10 am to take residents to St. James Catholic Church for the weekly Eucharistic Adoration. The bus will pick up residents around 11:30 am and return them to Ridge Oak. We need to tell the church how many residents will attend. Sign-up is required.

## Prize Bingo & Pizza

Sunday, June 1 at 4:30 pm in Felmeth Hall, Basking Ridge Presbyterian Church Youth Group will host a special evening of prize bingo and pizza in Felmeth Hall. Sign-up is required. The tenant transporter will be available. Call the office by Friday, May 30 if you need a ride.



## Tech Support

**Each Monday** in June, local high school volunteers will be available in Felmeth Hall from 4 pm to 5 pm to assist with tech support. The volunteers will help with a variety of tasks: troubleshooting tech issues, setting up devices, navigating apps or websites, and offering general tech guidance. A great opportunity for anyone who needs help with technology, whether it’s solving a problem or learning something new. Volunteers speak both English and Mandarin. Space is limited. Sign-up required. Please do not show up if you have not signed up.

## Watercolors with Wendy

**Monday**, June 2 & June 9, at 10 am in Village 12, Wendy Hallstrom from The Center for Contemporary Arts will continue her 5-week watercolor series. This class is adaptable for all levels, and no experience is required. Space is limited to 10 participants each week. 9. Sign-up required. If you can’t make it to the class, please cancel or you will be billed \$5.

## Patio Games

**Join us** Tuesday, June 3 at 2 pm on Village 12 patio for an afternoon of fun and games! Enjoy classic patio activities like bean bag toss (cornhole), giant Connect Four, mini golf,

giant Jenga, and ring toss. Whether you're here to play or just to enjoy the company, all are welcome. Light refreshments will be provided. Sign-up is required. Call the "day of" if you need a ride.

### A Spiritual Journey of Grief

**Wednesday**, June 4 at 10 am in Felmeth Hall, Pastor Dave will conclude the C.S. Lewis study, *A Grief Observed*. All faith traditions are welcome! Sign-up is required. Call the "day of" if you need a ride.

### Share a Song

**Wednesday**, June 4 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. 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 required.

### Liberty Science Center

**Thursday**, June 5 at 10 am, the bus will leave Felmeth Hall for Liberty Science Center in Jersey City for a day of adventure! We will go aboard the Titanic: an artifact exhibition which will draw us back in time to April 1912 when the ship embarked on its maiden voyage. We will then visit the Jennifer Chalsty Planetarium, the largest planetarium in America. Lunch will be provided. Those who were previously signed up will remain signed up. If you are no longer able to attend, be sure to cancel by 4 pm the day before the event or you will be billed the full \$10.

### Bernardsville Library Senior Breakfast

**Friday**, June 6, the bus will leave Felmeth Hall at 10 am for Bernardsville Library for their Annual Senior Breakfast! This year's event

features entertainment by Ed & Maxine Alstrom. Breakfast is free and sponsored by the Friends of Bernardsville Library. Space is limited. Sign-up is required.



### Notables Sing

**Join us** Monday, June 9 at 7 pm in Felmeth Hall to hear the Notables sing. They are a local group of singers who practice at Ridge Oak regularly. The group currently includes three Ridge Oak residents! A student scholarship will be awarded. Call the "day of" if you need a ride. Sign-up is required.

### Faith Tradition Tour

**We will continue** our tour of various houses of worship and faith traditions! Our next stop will be Tuesday, June 10. The bus will leave Felmeth Hall at 1:45 pm and head to Millington Baptist Church where Pastor David Hentschel & Pastor Bob Erbig will provide a tour of the Sanctuary, offer history of the congregation and insight into the Baptist Church and answer any questions you may have. All faith traditions are welcome! If you had signed up in April, you will remain on the list. Be sure to cancel if you are no longer able to attend. Sign-up is required.

### Songs for Summer

**Join Emma** Wednesday, June 11 at 1 pm on Village 12 patio (weather permitting) with her guitar for some fun afternoon tunes! It's the perfect time to get outside and enjoy the nice weather while singing along to favorites like "Under the Boardwalk" and "Twist and Shout." While you're there, enjoy a sweet treat to make the afternoon even better. Sign-up is required. Call the "day of" if you need a ride.



## Ecumenical Service

**Father Clarke** from St. Mark's Episcopal Church will lead the Ecumenical Service on Thursday June 12 at 10 am in Felmeth Hall. All are welcome! Sign-up required. Call the "day of" if you need a ride.

## Learn to Line Dance

**Join us** for line dancing with Dave Farrell Thursday, June 12 & June 26 at 2 pm in Felmeth Hall. This is a beginner class—no experience or partner needed! Line dancing is a fun way to improve coordination, boost cardiovascular health, and relieve stress. Come to watch or come to dance, everyone is welcome! Sign-up required. Call the "day of" if you need a ride. Cancel by 4 pm the day before this event or you will be billed \$5.

## Duke Farm Walk & Lunch

**Friday**, June 13 at 10 am, the bus will leave Felmeth Hall for Duke Farms in Hillsborough, NJ. This 2,700-acre estate features 20 miles of scenic trails and is a center for environmental stewardship. We'll begin at the Orientation Center in the historic Farm Barn, pick up a map, and enjoy a short walk to explore the grounds. Before heading home, we'll stop for lunch at the award-winning Farm Barn Café. Lunch cost is \$5, and you will be billed in July. Sign-up is required.

## Fraud & Scam Prevention

**Monday**, June 16 at 11 am in Felmeth Hall, Bernardsville Branch of Kearny Bank will host an informative session on how to recognize and avoid scams. Don't miss this opportunity to learn how to protect yourself. Sign-up is required.

## Painted Reflections: A Solstice Meditation

**Join Michele**, our yoga instructor, Tuesday, June 17 at 10:30 am in Felmeth Hall for a morning of meditation and creativity as we welcome the summer solstice. After a guided meditation, we'll transfer our reflections onto canvas using acrylic paint. No artistic skills required—just bring an open mind and a spirit of creativity. Sign-up is required.



## Ready to Paint Outing!

**The bus** will leave Felmeth Hall at 1:30 pm Wednesday, June 18 and head to Ready to Paint in Chatham. You'll get to choose your own ceramic piece, paint it, and when you're done, we'll hand-dip your masterpiece in clear glaze and fire it in our kiln. Finished items will be delivered to you in about 8 days. Cost of the trip is \$10 and you will be billed in July. Space is limited. Sign-up is required. If you need a ride, call us the day of the event. Please cancel by 4 pm the day before to avoid being billed the \$10 fee.

## Afternoon Movie

**Join us** Thursday, June 19 at 2 pm in Felmeth Hall for a screening of the recently released Netflix comedy, *Nonna's*. Starring Vince Vaughn, Susan Sarandon, and Lorraine Bracco, the film tells the story of a man who, after losing his beloved mother, risks everything to honor her by opening an Italian restaurant with grandmothers (nonnas) as the chefs. Based on a true story. Light refreshments will be provided. Sign-up is required.

## Let's Drum!

**Join Emma** for a drum circle Tuesday, June 24 at 2 pm in the Lower-Level Wellness Center. Drum circles are a fun and relaxing way to reduce stress, enhance creativity, and foster a sense of community. Everyone is welcome to come and experience the positive effects of rhythm and connection. No experience necessary, Sign-up is required.

## Hearing Loss Screening

**Join us** Wednesday, June 25 at 10 am in the lower-level Wellness Center for a complimentary hearing screening hosted by HearingLife. Sign-up is required. Once you have signed up, the office will contact you with your appointment time. HearingLife is a national hearing care company that operates nearly 600 care centers across the United States.

## High Notes Sing the Jukebox

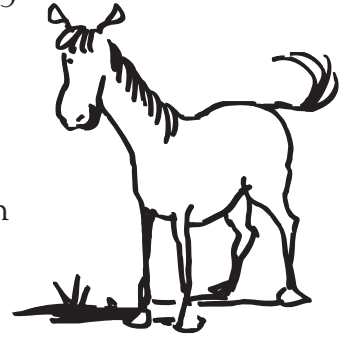
**Join your very own** resident choir Wednesday, June 25 at 1:30 pm in Felmeth Hall for their summer concert. Enjoy an assortment of jukebox hits, including "Happy Days," "That's Amore," and "Please Mr. Postman." The afternoon will feature great music, jokes, and and light refreshments. Sign-up is required.

## Card Making

**Friday**, June 20 at 11 am 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 required. Cancel by 4 pm the day before the event or you will be billed \$5.

## Hope's Promise: Healing Through Horses

Join us Monday, June 23 at 11 am on Village 12 patio (weather permitting) 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 is required.

## All About Wi-Fi

**Join Molly & Emma** Monday, June 23 at 2 pm in Felmeth Hall as they continue to guide you through the exciting possibilities of Ridge Oak's new free Wi-Fi. They'll answer questions about streaming services. Get informed and learn how to "cut the cord" on cable and traditional internet services!! Sign-up required. Call the "day of" if you need a ride.

## Library Book Buggy

**Book Buggy** returns Thursday, June 26 at 3 pm. If you would like the Buggy to stop at your apartment, call the Ridge Oak office so we can plan our route. To request a specific item delivered to your door, call the library at (908) 204-3031 - option 2, and tell them you would like the item brought to Ridge Oak with the next Book Buggy.

## National Bingo Day!

**Friday**, June 27 is National Bingo Day! Celebrate with us at 1 pm in Felmeth Hall for an afternoon of bingo with treats and a few special prizes for winners. Cost of each card is \$1. Sign-up is required. Call the "day of" if you need a ride.

## Bridge to Success

**Beginning** Monday, June 30 at 12 pm in Felmeth Hall, Empower Somerset will offer an 8-week Stress Management series that will run every Monday through August 18. Bridge to Success teaches coping strategies, effective communication, social support, and healthy living skills. The program includes lunch at every session, prizes for participation and a \$50 gift card for program completion (you must attend six out of the eight sessions to receive a gift card). Space is limited. Sign-up is required. Call the "day of" if you need a ride.

## Resident Recommendation

**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](mailto:elanese@ridgeoak.org) and we will highlight it in ACORNS.

## Out & About *Local Happenings*

### 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: Genealogy for Beginners, Monday, June 2 @ 7 pm
- In Person: Adult Chair Yoga, Wednesday, June 11 @ 11am
- Virtual: Cole Porter - American Composer and Song Writer, Wednesday, June 18 @ 7 pm
- Virtual: The Garden Tourist's Hudson River Valley, Thursday, June 19, 7 pm
- In Person: The History of the Delaware and the Raritan Canal, Wednesday, June 25 @ 7pm
- Virtual: Broadway on a Budget, Thursday, June 26 @ 7 pm
- In Person: Adult Craft Corner: Stampin' with Brenda! Friday, June 27 @ 2 pm

## CALENDAR

### Week of June 1st

1st Sunday 4:30 pm Prize Pizza & Bingo  
2nd Monday  
9:30/10:30 am Bowling  
10 am Watercolors with Wendy V12  
10 am BUS Bernardsville  
11 am Chess  
1 pm Yoga & Meditation  
2 pm Chinese Traditional Exercise V12  
4 pm Tech Support  
5 pm DINNER- Stuffed Shells  
3rd Tuesday  
9:30 am Mahjong  
10 am BUS Stirling & Gillette  
11 am Table Tennis Open Play V12  
12:30 pm Perfect Posture  
2 pm Patio Games V12  
5 pm DINNER- Lemon Chicken

4th Wednesday  
10 am BUS Lyons Mall  
10 am A Spiritual Journey of Grief  
2 pm Chinese Traditional Exercise V12  
2 pm Share a Song  
3 pm High Notes Rehearsal  
5 pm DINNER- Meatloaf  
5th Thursday  
10 am BUS Liberty Science Center  
11:30 am Blood Pressure Clinic  
12 pm LUNCH- Turkey Sandwich  
6th Friday  
10 am Bernardsville Library Breakfast  
10 am Happy Hookers  
1 pm Bingo  
5 pm DINNER- Shrimp with Capers

**Week of June 9th**

9th Monday  
 9:30/10:30 am Bowling  
 10 am BUS Bernardsville  
 10 am Watercolors with Wendy V12  
 11 am Chess  
 12 pm LUNCH- Spinach Quiche  
 1 pm Yoga & Meditation  
 2 pm Chinese Traditional Exercise V12  
 4 pm Tech Support  
 7 pm Notables Sing

10th Tuesday  
 9:30 am Mahjong  
 10 am BUS Stirling & Gillette  
 11 am Table Tennis Open Play V12  
 12:30 pm Perfect Posture  
 1:45 pm Faith Tradition Tour

11th Wednesday  
 10 am BUS Lyons Mall  
 11:30 am "For the Men" Fitness  
 1 pm Songs for Summer V12  
 2 pm Chinese Traditional Exercise V12  
 3 pm High Notes Rehearsal  
 5 pm DINNER- General Tso's Chicken

12th Thursday  
 10 am BUS Farmers Market  
 10 am BUS St James Eucharistic  
 10 am Ecumenical Service  
 11:30 am Blood Pressure Clinic  
 12 pm LUNCH- Pulled Pork Sliders  
 2 pm Learn to Line Dance

13th Friday  
 10 am Duke Farm Walk & Lunch  
 10 am Happy Hookers  
 12:30 pm Functional Fitness  
 1 pm Bingo  
 5 pm DINNER- Salisbury Steak

**Week of June 16th**

16th Monday  
 9:30/10:30 am Bowling  
 10 am BUS Bernardsville  
 11 am Chess  
 11 am Fraud and Scam Prevention

1 pm Yoga & Meditation  
 2 pm Chinese Traditional Exercise V12  
 4 pm Tech Support  
 5 pm DINNER- Grilled Salmon

17th Tuesday  
 9:30 am Mahjong  
 10 am BUS Stirling & Gillette  
 10:30 am Solstice Meditation  
 11 am Table Tennis Open Play V12  
 12:30 pm Perfect Posture  
 5 pm DINNER- Penne with Sausage

18th Wednesday  
 10 am BUS Lyons Mall  
 11:30 am "For the Men" Fitness  
 1:30 pm Ready to Paint Outing!  
 2 pm Chinese Traditional Exercise V12  
 5 pm DINNER- Eggplant Parmesan

19th Thursday  
 10 am BUS Farmers Market  
 10 am Ecumenical Service  
 10 am BUS St James Eucharistic  
 11:30 am Blood Pressure Clinic  
 12 pm LUNCH - Chicken Salad  
 2 pm Afternoon Movie

20th Friday  
 10 BUS Walmart Manville  
 10 am Happy Hookers  
 11am Card Making V12  
 12:30 pm Functional Fitness  
 1 pm Bingo  
 5 pm DINNER- Cheeseburger

**Week of June 23rd**

23rd Monday  
 9:30/10:30 am Bowling  
 10 am BUS Bernardsville  
 11 am Chess  
 11 am Hope's Promise: Horses V12  
 1 pm Yoga & Meditation  
 2 pm All About Wi-Fi  
 2 pm Chinese Traditional Exercise V12  
 4 pm Tech Support  
 5 pm DINNER- Panko Tilapia



24th Tuesday  
 9:30 am Mahjong  
 10 am BUS Stirling & Gillette  
 11 am Table Tennis Open Play V12  
 12:30 pm Perfect Posture  
 2 pm Let's Drum!  
 3 pm High Notes Rehearsal  
 5 pm DINNER- Beef Short Ribs

25th Wednesday  
 10 am BUS Lyons Mall  
 10 am Hearing Loss Screening  
 11:30 am "For the Men" Fitness  
 1:30 pm High Notes Sing the Jukebox  
 2 pm Chinese Traditional Exercise V12  
 5 pm DINNER- Pork Roast

26th Thursday  
 10 am BUS Farmers Market  
 10 am BUS St James Eucharistic  
 11:30 am Blood Pressure Clinic  
 12 pm LUNCH - Turkey Club on Rye  
 2 pm Learn to Line Dance  
 3 pm Library Book Buggy

27th Friday  
 10 am BUS Wegmans Bridgewater  
 10 am Happy Hookers  
 12:30 pm Functional Fitness  
 1 pm National Bingo Day!  
 5 pm DINNER- Chicken Pot Pie

### **Week of June 30th**

30th Monday  
 9:30/10:30 am Bowling  
 10 am BUS Bernardsville  
 11 am Chess  
 12 pm Bridge to Success  
 1 pm Yoga & Meditation  
 2 pm Chinese Traditional Exercise V12  
 4 pm Tech Support  
 5 pm DINNER- Swedish Meatballs

