

ACORNS

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

908/221-0266

FAX: 908/221-0042

www.ridgeoak.org

A Prayer from Basking Ridge Presbyterian Church

"It is true we break our commandments, God of our lives. Much worse, we break your heart when we point the finger at those who are different from us, when we gossip about our friends and neighbors, when we think everything is about us. Forgive us, loving God, we pray."

Whatever your beliefs are, as an inclusive and diverse community we all must embrace this message of tolerance and understanding.

Daylight Savings Time Spring ahead...

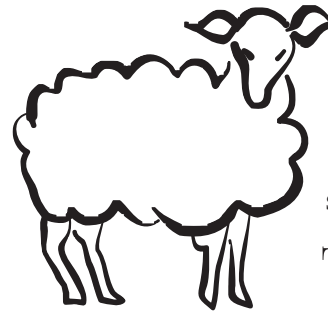
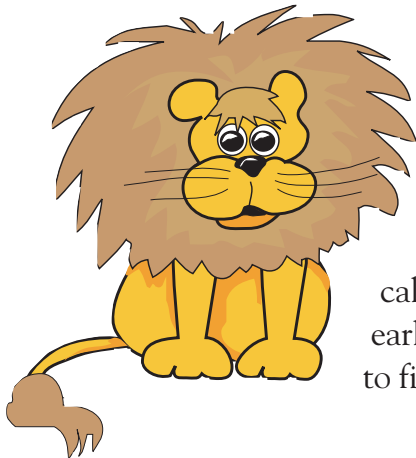
Saturday, March 11th, turn your clocks ahead by one hour before you go to bed. The time officially changes on March 12th at 2 am.

Weather Delays

**March can come
in as a lion**

and go out
as a lamb...

Listen to
voice message
warnings and
call the office as
early as 7:30 am
to find out about



shopping bus, meal, or activity cancellations. Information will be left with the answering service.

Tax Preparation at Ridge Oak

(2022 Income Tax)

Friday, March 10th, 11th, 17th the VITA team (Volunteer Income Tax Assistance) from Bernards Township Library will schedule appointments at Ridge Oak in Felmeth Hall to help residents who need to file income tax. Our site coordinator is Joe Ryder.

Let's answer the big question: "Do I or do I not have to file?" If you are over 65 and single, you do not need to file income tax forms unless:

- Your income in 2022 from sources other than Social Security was greater than \$14,700.
- One half (50%) of your Social Security plus all your other income was greater than \$25,000.
- You had taxes withheld from your pension or earnings and wish to file for a refund.
- You worked and got a W-2 even if there was no tax withheld. You might get a credit.

If you have questions about filing or to make an appointment with the volunteer at Ridge Oak, call Bernards Township Library

at 908-204-3031 extension 2. Ask for Joe Ryder, leave a message and he will get back to you.

Live Stream

You can participate in Ridge Oak activities from home. Use your iPad, computer, or phone to connect to us via TWITCH. Go to www.twitch.tv/ridgeoakrecreation to view select activities. You can also download the TWITCH app on your cell phone or iPad and search "ridgeoakrecreation." Read each activity description to determine if a live stream "twitch" connection is available.

Braingle

What is seen in the middle of March and April that can't be seen at the beginning or end of either month?

Shopping Bus

Please label your shopping bags in BIG letters with your name AND apartment number.

Note schedule changes for March. The shopping bus will leave at 10:30 am (unless otherwise noted) on scheduled days. Always check the calendar for dates and times! The routine schedule is as follows:

- Mondays, March 6th & 20th - Farmers Market
- Tuesdays - Stirling & Gillette
- Wednesday, March 1st, 15th & 29th - Lyons
- Thursdays - Bernardsville

Advance sign-up for the shopping bus is required. No last minute, "on the fly" seating will be accommodated!

Zufall Dental Van Update

Due to continued staffing issues, the Zufall dental van will NOT be able to visit Ridge Oak in March. Be assured we are in touch with them and will pass information along to you

about their next visit as soon as possible. If you need information on a past treatment or a treatment in progress, please call the Zufall Morristown office at 973-267-0002.

Urgent Care Comes to You

Dispatch Health is a mobile urgent care provider that services Basking Ridge area. This is a fantastic option for those with transportation challenges! After making a request for an appointment, two medical professionals: a physician



assistant or nurse practitioner, and a Dispatch Health Medical Technician will arrive and treat you in your apartment. A visit with Dispatch Health is typically the same cost as an urgent care visit. They accept Medicare and Medicaid. The percentage of the total bill you're responsible for is determined by your insurance plan.

For details or to request an appointment, visit www.dispatchhealth.com or call 888-908-0553. As always, dial 911 in case of an emergency.

From the Executive Director
Bonnie

Please take a moment to look outside your windows and doors to tidy up your corner of the world. Look at things from your neighbor's perspective. Still have a dead mum outside from November? Unless you are taking a ride on a broom or a mop, they must be stored indoors. Do you want to look out your living room window to see a dirty mop or a dead plant? Be thoughtful of your neighbors. Keep Ridge Oak beautiful, neat and tidy for everyone.

Occupancy - *Christine, Patrice, Meriem & Helen*

Recertification Prep Session

Wednesday, March 15th at 10 am Occupancy Staff will offer a live, in-person training session about how to get ready for your annual rent recertification. Good organization is the key. Come and learn a few tips! Door prize will be offered. Sign-up is required.

Live streamed: www.twitch.tv/ridgeoakrecreation.

From Congregate - *Shannen*

Housekeeping – Please wear your mask when Hadjila is cleaning your apartment or go into another room to keep your distance when she is working.

Meals – Bring your own containers to dinner for leftovers you would like to take home. If you need a ride to dinner, please let us know.

Meal orders must be received by 11 am the business day prior to the meal. Cancellations must also be received by 11 am the business day prior to the meal or you will be billed for the cancelled meal.

From Social Services - *Corey*

Food Pantry - God's Co-op Food Pantry is a ministry of Basking Ridge Presbyterian Church, opened in June 2011 as a mission to feed hungry neighbors in Bernardsville, Basking Ridge, and Peapack-Gladstone.

Although many people may not be hungry to the point that they are suffering from the physical discomfort of starvation, they may still be considered food insecure. In many cases of food insecurity, people have just enough food to



meet their energy requirements but are uncertain that it will last, or they may be forced to ration what they have to get by.

For information on receiving food pantry deliveries from God's Co-op, please contact Corey at the Ridge Oak office or email chovanec@ridgeoak.org.

From our Nurse - *Laura*

Tuesday, March 28th starting at 12:15 pm Laura will be in the annex of Felmeth Hall to take blood pressures. If you are attending the program at 1 pm, arrive early and get your blood pressure taken. Your name will then be entered into a drawing for a Shop Rite Gift Card. No appointment needed and your visit with Laura is private.

Care Fund

Care Fund subsidizes meals, personal care and PERSYS Medical Alert monitoring services. Many thanks to the people who have made recent donations to the Care Fund.

Mark Your Calendar For Ridge Oak Activities

Call 908-221-0266 or email the office Sreino@ridgeoak.org or Cledder@ridgeoak.org

Mondays - Wii Play & Chess

Mondays - Walk Abouts

Tuesdays - Move It

Thursdays - Chair Yoga

Thursdays - Alpha

Fridays - Wii Play

Fridays - Happy Hookers V12

Fridays - Bingo

Wednesday, March 1st

BRPC Lenten Service

Wednesday, March 1st - Table Games

Friday, March 3rd - Comfort Food Redo

Saturday, March 4th & 18th - The High Notes

Tuesday, March 7th - Armchair Birding

Wednesday, March 8th - Tai Chi Chih

Monday, March 13th - Out to Lunch

Tuesday, March 14th - Pokeno

Wednesday, March 15th

Recertification Prep Session

Monday, March 20th - Aging is Cool

Tuesday, March 21st - Mothers of Invention

Friday, March 24th - Card Making

Tuesday, March 28th - Your Numbers Matter

Tuesday, March 28th

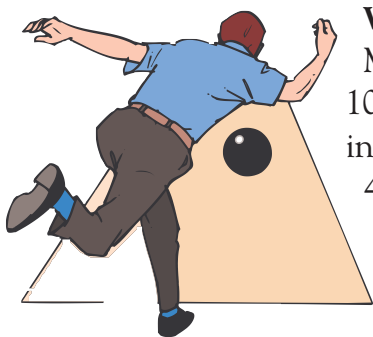
Women of the Bible and the Torah

Wednesday, March 29th - Ageless Grace

Friday, March 31st - Flemington Marketplace

Sunday, April 2nd - Pizza and Bingo

Wii Play & Chess



Wii bowling is played Mondays & Fridays at 10 am and 11 am in Felmeth Hall. Only 4 people each hour.

No experience required. Call Connie to check availability. Sign-up is required.

Chess

During Wii Bowling on Mondays, there are tables for chess players. We have a small group of residents who meet once a week. Stop by, watch, and decide if you would like to give chess a try!

Walk About

Weather permitting, with temperatures above 40 degrees, the bus will leave at 2 pm for a walk in a local park or around Ridge Oak. Dress for the weather. If you have questions about the weather, call the office.

Move It

There will be no class Tuesday, March 28th. Tuesday, March 7th there will be only one session at 11 am. Nancy Coto, a physical therapist will present a special program on Osteoporosis in the lower level Wellness Center.

Classes are held Tuesdays at 11 am and 12:30 pm in our Wellness Center in the lower level of Felmeth Hall. Class size is limited to 12. Sign-up is required.

Tuesday 12:30 pm class is live streamed via twitch. www.twitch.tv/ridgeoakrecreation.

Chair Yoga

Chair yoga will be held Thursdays at 11 am in our Wellness Center. Sign-up is required. The benefits of Chair yoga:

- improved flexibility
- better concentration
- increased strength
- boost to your mood.
- reduced stress and joint strain

Live streamed: www.twitch.tv/ridgeoakrecreation

Alpha

Alpha continues Thursdays at 1:30 pm. with Father Rick of St. Mark's. Residents of ALL faiths are welcome. Sign-up is required.

Happy Hookers

Fridays at 10:30 am in V12 community room Happy Hookers meet for knitting and crocheting. Transporter will be available. Call the "day of" if you need a ride. Sign-up is required.

Bingo

There will be NO Bingo on Friday, March 3rd. Bingo is played Fridays at 1 pm in Felmeth Hall. The cost of each card is \$1. You must sign up each week to play. The transporter will be available. Call the “day of” if you need a ride.

BRPC Lenten Service

Wednesday, March 1st, 8th, 15th & 22nd the bus will leave at 11:30 am for Basking Ridge Presbyterian Church for the special Lenten Service, which includes music and meditation. Sign-up is required for each week that you plan on attending.

Beautiful music, reflective prayers, passages from famous quotes and poems, and reading of scripture during the season of Lent are woven together into a 30-minute service in the church’s historic sanctuary.

Table Games

Wednesday, March 1st at 1:30 pm in Felmeth Hall, we will play table games like Mexican Train, Tiles, Phase 10, Chess, and other games. Bring your games with you. Sign-up is required.

Comfort Food Redo

Friday, March 3rd at 1 pm, join speakers from Nourish and Thrive Nutrition Center for a journey through comfort food flavors. Learn how to swap ingredients in classic dishes to increase nutrient density while moderating calories and fat. A simple and easy culinary demonstration will follow the presentation with delicious samples provided. Sign-up is required.

The High Notes

Ridge Oak Chorus meets on Saturday, March 4th & 18th at 10:30 am. Sign-up is required.

Tai Chi Chih

Janet will lead us through Tai Chi Chih moves Wednesday, March 8th at 3 pm. Moves can be performed seated or standing. Sign-up is required.

Tai Chi Chih improves muscle strength and flexibility, which makes it easier to recover from a stumble. Fear of falling can make you more likely to fall.

Live streamed: www.twitch.tv/ridgeoakrecreation

Armchair Birding

March 7th at 2 pm, Ben from the Environmental Center will be here to present a program on birds. Sign-up is required.

Sit back, relax, and travel the world with our Armchair Birding series! The program features first-hand stories from Antarctica, The White Continent. Meet “Bergy” our zodiac companion, learn about busy colonies of more than a million penguins, see a seabird with a wingspan of over 11 feet, and enjoy the serenity of the remote icy scenery interrupted only by the blow from a Humpback Whale. We hope you will leave thinking that Antarctica is pretty “cool”!



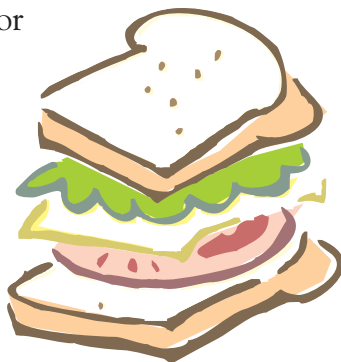
Ecumenical Service

Thursday, March 9th at 10 am in Felmeth Hall an Episcopal service, will be led by Father Rick from St. Mark’s Episcopal Church. All are welcome! Sign-up is required.

Go to www.twitch.tv/ridgeoakrecreation to enjoy from the comfort of your own home.

Out to Lunch

Monday, March 13th, the bus will leave at 11:15 am for Thatcher McGhee's in Denville. After lunch, visit the shops or get ice cream at Denville Dairy. We are limited to 15 residents. Sign-up is required.



Pokeno

Tuesday, March 14th at 2 pm join us for Pokeno in Felmeth Hall. Bring 50 pennies with you. Sign-up is required.

Aging is Cool

Monday, March 20th at 1 pm, in Felmeth Hall (or from your apartment via ZOOM), join Danielle from *Aging is Cool* for puzzles and games that stimulate our thinking. Sign-up required.

Mothers of Invention

Tuesday, March 21st, a special program will be presented at 2 pm. Sign-up is required. Carol Simon Levin portrays Lillian Moller Gilbreth, motion study pioneer and "Cheaper by the Dozen" mother of 12 and shares the stories of other overlooked women innovators. From Margaret Knight (the 19th century "Female Edison") to Hollywood superstar Hedy Lamarr, these "Mothers of Invention" changed our lives, yet their accomplishments were all too often ignored or credited to others.

Card Making

Join Brenda Friday, March 24th at 1 pm in Village 12 for card making. We will make three cards using stamps, inks, and paper. All supplies provided and all crafting levels welcome! Sign-up is required.

Women of the Bible & Torah

Tuesday, March 28th at 1 pm, pack a brown bag lunch and join us in Felmeth Hall for a lively discussion about the women of the Bible and Torah with Father Rick and Rabbi Green. Ridge Oak will supply beverage and dessert. Sign-up is required.

Ageless Grace

Wednesday, March 29th at 1:30 pm in the Wellness Center in Felmeth Hall, join your friends and neighbors for Ageless Grace. Wear comfortable clothes and footwear. Sign-up is required. Space is limited. If you fail to cancel you will be billed \$3.

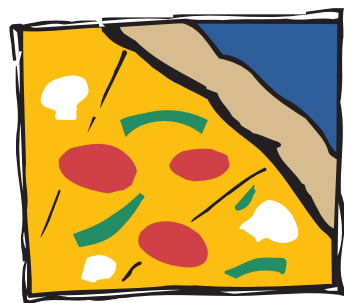
Live streamed. www.twitch.tv/ridgeoakrecreation

Flemington Marketplace

Friday, March 31st, the bus will leave at 10:30 am for Flemington Marketplace. Shop at Kohl's, Burlington, Michael's, and Aldi's. Sign-up is required.

Pizza and Bingo

Sunday, April 2nd, Junior High Fellowship from Basking Ridge Presbyterian Church will be in Felmeth Hall for Pizza and Bingo. Cost is \$3 and you will be billed in May. The transporter will be available if you call for a ride on Friday, March 31st. Sign-up is required and starts March 1st.



Foot Care

Our podiatrist, Dr. Brazinski will be here on March 16th & March 23rd. Call the Ridge Oak office to schedule a visit.

Our Expanding World

Newsies, the Musical

Ridge High School has invited our residents to attend the free dress rehearsal of *Newsies* March 1st at 6:30 pm. Carpool together.

Bernards Township Library

For all virtual programs, registration is required to receive a Zoom link @ BernardsLibrary.org or (908) 204-3031 x116.

Virtual – Vibrant Soups: A Thirsty Radish Event, Thursday, March 2nd, 7 pm

Virtual – The Lowell Mill Girls: Organized Labor and the First Strikes in America Monday, March 6th, 7 pm

Virtual – Alice's Ordinary People: Wednesday, March 8th, 7 pm

Virtual – Great Women Artists with Mario Medici, Thursday, March 16th, 7 pm

Virtual – Inside the Score of Jesus Christ Superstar with Gil Harel, Wednesday, March 22nd, 7 pm

CRAZY...about Patsy Cline with jazz singer Maggie Worsdale, Sunday, March 26th, 2 pm in the library.

CALENDAR

Week of March 1st

- 1st Wednesday / Sign ups
10:30 am BUS Lyons
11:30 am BRPC Lenten Service
1:30 pm Table Games
5 pm DINNER Pork Lo Mein
- 2nd Thursday
10:30 BUS Stirling & Gillette
11 am Chair Yoga
12 pm LUNCH Roast Beef Sandwich
1:30 pm Alpha
- 3rd Friday
10/11 am Wii Play
10:30 am Happy Hookers V12
1 pm Comfort Food Redo
5 pm DINNER Citrus Glazed Salmon
- 4th Saturday /10:30 am The High Notes

- 2 pm Armchair Birding
5 pm DINNER Lemon Caper Shrimp
- 8th Wednesday
11:30 am BRPC Lenten Service
3 pm Tai Chi Chih
5 pm DINNER Chicken Pot Pie
- 9th Thursday
10 am Ecumenical Service
10:30 am BUS Bernardsville
11 am Chair Yoga
12 pm LUNCH Liverwurst on Rye
1:30 pm Alpha
- 10th Friday
10/11 am Wii Play
10:30 am Happy Hookers V12
1 pm Bingo
5 pm DINNER Stuffed Shells

Week of March 6th

- 6th Monday
10/11 am Wii Play & Chess
10:30 am BUS Farmers Market
2 pm Walk About
5 pm DINNER Salisbury Steak
- 7th Tuesday
10:30 am BUS Stirling & Gillette
11 am Special Move It Program

Week of March 13th

- 13th Monday
10/11 am Wii Play & Chess
11:15 am Out to Lunch
5 pm DINNER Cheeseburger
- 14th Tuesday
10:30 am BUS Stirling & Gillette
11/12:30 pm Move It
2 pm Pokeno
5 pm DINNER Chicken Tenders

15th Wednesday
10 am Recertification Prep Session
10:30 am BUS Lyons
11:30 am BRPC Lenten Service
5 pm DINNER Eggplant Parmesan

16th Thursday
10:30 am BUS Bernardsville
11 am Chair Yoga
12 pm LUNCH Turkey Sloppy Joe
1:30 pm Alpha

17th Friday
10/11 am Wii Play
10:30 am Happy Hookers V12
1 pm Bingo
5 pm DINNER Corned Beef & Cabbage

18th Saturday / 10:30 am The High Notes

Week of March 20th

20th Monday
10/11 am Wii Play & Chess
10:30 am BUS Farmers Market
1 pm Aging is Cool
2 pm Walk About
5 pm DINNER Pork Chop w/ Gravy

21st Tuesday
10:30 am BUS Stirling & Gillette
11/12:30 pm Move It
2 pm Mothers of Invention
5 pm DINNER Beef Brisket

22nd Wednesday
11:30 am BRPC Lenten Service
5 pm DINNER General Tso's Chicken

23rd Thursday
10:30 am BUS Bernardsville
11 am Chair Yoga
12 pm LUNCH Pastrami Reuben
1:30 pm Alpha

24th Friday
10/11 am Wii Play
10:30 am Happy Hookers V12
1 pm Card Making V12
1 pm Bingo
5 pm DINNER Lobster Cake on Roll

Week of March 27th

27th Monday
10/11 am Wii Play & Chess
2 pm Walk About
5 pm DINNER Beef Short Ribs

28th Tuesday
10:30 am BUS Stirling & Gillette
12:15 pm Your Numbers Matter
1 pm Women of the Bible & Torah
5 pm DINNER Lemon Chicken

29th Wednesday
10:30 am BUS Lyons
1:30 pm Ageless Grace
5 pm DINNER Sliced Pork Roast

30th Thursday
10:30 am BUS Bernardsville
11 am Chair Yoga
12 pm LUNCH Hot Beef Sloppy Joes
1:30 pm Alpha

31st Friday
10/11 am Wii Play
10:30 am Happy Hookers V12
10:30 am Flemington Marketplace
1 pm Bingo
5 pm DINNER Seasoned Flounder