

ACORN[®]S

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

Recreation Reflection

A heartfelt thank you to all the residents and staff who made this summer—and our annual picnic on September 10—so wonderful! It is a true pleasure to come to work every day surrounded by such vibrant, talented, and welcoming people. One of the best parts of my job is witnessing friendships being made and that friendly spirit is what truly makes our Ridge Oak community so special.

I was thrilled to hand out 35+ Recreation shirts to residents who actively engage in our community—whether by discovering new hobbies or sharing lifelong passions or helping extract and bottle 90 pounds of our honey! Building on that spirit, I encourage everyone to share a skill or try something new with neighbors this fall. If you have a skill to share or an idea for a new activity, please let me know!

We are kicking things off with bi-weekly Canasta on Tuesdays, October 13 and October 27, in our new lower-level recreation room. Whether you are an experienced player or completely new to the game, please join the fun or learn how to play! -Emma



October 2026

Volume 49, Issue 10



Flu & COVID Clinic

Walgreens will be on-site to administer flu shots and COVID boosters on Tuesday, October 20, from 9 am to 1 pm. Please bring your ID, Medicare/Medicaid, and supplemental insurance cards with you.

Sign-up is required. You will be contacted with your appointment time. You are not required to receive both vaccinations if you sign up, but it is safe to receive both at the same time.

Fall Back

Daylight saving time ends on Sunday, November 1, at 2 am. Before you go to sleep on Saturday, October 31, be sure to set your clocks back one hour.

Heating Tips

Beginning October 1, the heat will automatically turn on whenever the outdoor temperature drops below 68°F. Here are a few steps to help keep your apartment comfortable:

Be sure all windows and doors are closed & locked.

Turn off all air conditioners.

The boiler pumps circulate hot water continuously to heat your apartment. If your apartment feels chilly, adjust your thermostat as follows:

- Villages 1–11: Turn the thermostat dial up to 5. Wait about 30 minutes for the heat to rise, then lower it to your comfort level.
- Villages 1A, 9A, and 12: Turn the thermostat to a higher setting. Wait about 30 minutes for the heat to rise, then lower it to your comfort level.

Fresh Produce

Ridge Oak partners with The Food Bank Network of Somerset County to provide fresh produce to residents at no cost. Produce can be picked up between 11 am and 1 pm outside of Felmeth Hall, weather permitting. Please be advised that Thursday, October 29, will be the last day of produce for the season. Produce pickup will begin again after the winter months.



New Accessible Path to Southard Park



Thanks to a recent joint effort between Ridge Oak and Bernards Township, visiting Southard Park is now easier than ever! A new sidewalk cutout and fully paved path leads directly to the footbridge, extending all the way to the pond and park area. This smooth route makes it much safer and easier for residents using walkers or canes—as well as our walking club—to enjoy the neighborhood green space. Next time you are out for a stroll, take the path over and check out the park!

From Congregate – Shannen

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

We welcomed September and back-to-school month with some fun tree making using Q-Tips! We have some exceptionally talented artists living right here in our community. Be sure to check out Felmeth Hall each month to see what our residents create!



Food Bank Volunteering

We will continue our food bank volunteering on Friday, October 23. Each month a group of residents and staff 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 wonderful way to get involved and give back to our local community! Please keep in mind, this requires standing for about an hour.



August 2026 Ridge Oak Volunteers



New Residents

We are happy to welcome the following residents to our Ridge Oak family. Please say "hello" when you see your new neighbor:

Terri Watkins Village 9A
Catherine O'Callaghan
Village 11

Care Fund

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

Fund:

Bob Boye

Ridge Oak's Annual End-of-Summer Picnic



Thursday, September 10, 2026



October Birthdays

1 Maureen Germine 128-D
1 Huanxian Zhang 168-B
3 Claudia Slater 112-D
6 Xin Zhang 172-D
10 Mary Mazzetta 147-D
10 Virginia West 106
11 Maureen Fuchs 213
15 Hee Soon Kang 135-D
21 Dolores Defino 142-A
21 Luz Rodas 220
22 Martin Arons 156-A
25 Bea Azimi 132-D
28 Frances Vindici 151-D

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.

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.

Walgreens Senior Discount

Did you know that Walgreens offers a 20% discount on eligible regular-priced merchandise for people 55 and older on the first Tuesday of every month?

The Ridge Oak bus is scheduled to go to Bernardsville on Tuesday, October 6. If you would like the bus to make a stop at Walgreens, please let the office know in advance!

Stop and Shop Closing

Stop and Shop at Lyons Mall will be closing on Thursday, October 29. Be on the lookout for changes to the shopping bus schedule.

Shopping Bus

Make sure to look at the calendar for destinations. Make sure you have signed the new transportation waiver.

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 feel sick, please stay home!



Wii Bowling

Bowling games are played on Mondays and Fridays at 9:30 am. Stop by and watch a game to see if you might be interested in participating. No experience required.

Chess

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



Tech Support

Every Monday, local high school volunteers will be available in Felmeth Hall from 4 pm to 5 pm to assist with tech support. These volunteers will help with navigating apps or websites and offer general tech guidance. Volunteers speak both English and Mandarin. **Please do not show up if you did not sign up.**

Mahjong

Mahjong is played on Wednesdays at 11 am in Felmeth Hall. Contact Emma in the office if you are interested in learning.

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.

St. James Eucharistic Adoration

Every Thursday, schedule permitting, the Ridge Oak bus will depart from 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.

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. Only specific holds you requested through the library will be picked up.



Happy Hookers

Come and join your neighbors 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.



Exercise Series

Yoga & Meditation is offered on *Mondays at 1:00 pm*, led by Michele Flynn from Fellowship. This class focuses on breath work, with seated and standing yoga postures. It's designed to be accessible for all fitness levels.

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

Strength & Stability takes place on *Wednesdays at 1:30 pm*, led by Michele Flynn. During this class, we will combine light aerobic movement, strength building with weights, and balance practice. The class will take place in chairs and with standing-up exercises.

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 improve overall functional movement.

Sign-up is required for all exercise programs.

It's located in the lower-level Wellness Center.



Line Dancing

Join us for line dancing with Dave Farrell on Thursday, October 1 and October 22, at 2 pm in Felmeth Hall. This is a beginner class—no experience or partner needed!

Casual Crafting

Join Emma on Monday, October 5, at 11 am in Felmeth Hall as we craft for October! Help us decorate the resident art wall. No experience required—all are welcome!

Watercolor With Wendy

Beginning Tuesday, October 6, at 10 am in Village 12, Wendy Hallstrom from The Center of Contemporary Arts will return to teach a fall watercolor series. This class is adaptable for all levels. Space is limited to 10 participants. Additional dates are October 20, November 3 and November 17.



Bible Study

Bible study will continue Wednesday, October 7, in Felmeth Hall at 9:30 am. 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.

Pokeno

Come out on Wednesday, October 7, at 11:30 am for a game of Pokeno in the Felmeth Hall Annex. Bring at least fifty pennies with you.

Ecumenical Service

Father Andrew will be here Thursday, October 8, at 10 am in Felmeth Hall to lead our monthly Ecumenical service. All faith traditions are welcome to attend.

Harvest Hayride

On Thursday, October 8, the bus will leave from Felmeth Hall at 1:15 PM and head down the road to Wightman's Farm for a scenic hayride around the property—followed by delicious cider and doughnuts! Don't forget to check out the store before we leave! Space is limited. Sign-up is required.

Please note: You will need to get on and off the hay wagon, and the ride will be very bumpy. We recommend wearing comfortable clothing and sturdy shoes. You may also want to bring a small pillow or cushion to make the bench seats more comfortable.



Painting With Anne

Friday, October 9, at 10:30 am, Anne Chon will be in Village 12 leading a fun step-by-step acrylic painting class. All levels welcome, from beginners to seasoned painters. The cost of the class is \$5, and you will be billed in November. Sign-up is required.

Total Brain Health

Join us in Felmeth Hall on Monday, October 12, at 2 pm for a Total Brain Health class. Based on the research of Dr. Cynthia Green, this session goes beyond puzzles to strengthen your mind, body, and social spirit through engaging, science-backed exercises. Come learn proactive lifestyle strategies to boost your memory and have fun.

The Real Housewives of New Jersey

Join guest speaker Lesley Parness on Tuesday, October 13, at 1:30 pm in Felmeth Hall for The Real Housewives of New Jersey: Early American Women and Their Kitchen Gardens. Discover how 18th-century women used their gardens to feed, heal, and clothe their families, blending native plants and homeland traditions into the fabric of early America. Sign-up is required.



Share a Song

Wednesday, October 14, at 2:30 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.

Card Making

Join us on Thursday, October 15, at 10:30 am in Village 12, for Stampin' Up card making with Brenda Miller. We will be making greeting cards using stamps, ink, and paper. All supplies provided and all crafting levels are welcome!

Sock Hop!

Put on your favorite 1950s attire and join us on Thursday, October 15, at 1pm for a fun-filled Sock Hop with musician Kevin Grace! Enjoy live music featuring your favorite classic hits, light refreshments, and a chance to win fun prizes—including an award for Best Dressed. Dancing is highly encouraged, so bring your dancing shoes! Sign-up is required.



Out to Eat

By resident request, the bus will head to Olive Garden in Bridgewater on Friday, October 16, at 11 am for a delicious lunch! Residents are responsible for ordering and paying for their own lunch. Please remember your wallet! Sign-up is required.



Table Games

Join us Tuesday, October 20, at 1:30 pm in Felmeth Hall for an afternoon of fun and games! Come play Scrabble, UNO, Rummikub, and more.

Why Do We Say That?

Join guest speaker Meg Wastie on Monday, October 19, at 2 pm in Felmeth Hall for an hour of "Light Learning." During this program, you'll discover the meaning and background stories of some of the rather curious expressions we use in American English. Sign-up is required.

Ageless Grace Fitness

Join us Thursday, October 22, at 2 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.

Sight & Sound

Join us on Wednesday, October 21, for an all-day excursion to Lancaster, PA to see Sight & Sound's 11 am production of Joshua! The charter bus departs from Felmeth Hall at 7:30 am. The resident cost is \$40, which covers your travel, show ticket, and a boxed lunch. We currently have a full sign-up list, but if you'd like to be added to the waitlist in case a spot opens up, please let the main office know!



Recreation Reminder

If you need a ride to a recreation program, the transporter is here and someone can always pick you up. Just call the office the "day of" the program.



Brain Booster

Looking for some crosswords, word searchers, and brainteasers to keep your mind sharp? Each month a new packet is available to you! Please see Emma in the office for your copy.

Library Book Buggy



The Bernards Township Library is coming to you!

On Thursday, October 22, at 3:00 pm, librarian Athena will be at Ridge Oak with a selection of books available for residents to browse and borrow. Don't have a library card yet? Athena can register you for one right on the spot. If you would like the "Book Buggy" to make a stop at your apartment, please let the office know.

Karaoke Sing Along

Join us on Monday, October 26, 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.

Chair Tap Dance

Come and shuffle step with Emma on Tuesday, October 27, at 10:30 am in Felmeth Hall. No experience required!

Classic Movie



Get into the Halloween spirit with a classic ghost story! Join us in Felmeth Hall on Tuesday, October 27, at

1 pm for a screening of the 1944 haunted house masterpiece, *The Uninvited*, starring Ray Milland. Enjoy some light refreshments and an afternoon of vintage suspense.

Story Go Round

Join Emma on Wednesday, October 28, at 2:30 pm in Felmeth Hall for some fun, low-pressure creative writing! Find inspiration in a supportive setting to explore your memories and imagination. We'll use prompts and exercises to practice writing short stories, poetry and more. No experience is necessary.



Let's Drum!

Join Emma for an hour of rhythm on Thursday, October 29, at 10:30 am in the Lower-Level Wellness Center. The session kicks off with high-energy cardio-drumming, using drumsticks and choreographed seated movement for a fun workout. Then, we will transition to a traditional drum circle. No experience is necessary.



What Is? ... With Rob

On Thursday, October 29, at 2 pm, join Rob in Felmeth Hall for his special program designed to make modern life a little easier to understand. This month, Rob will be covering all things SMARTPHONES! Come and find out about your cell phone and all that it can do!



What Is...?
— with Rob —

Halloween Pizza & Prize Bingo?

Get into the Halloween spirit with us on Friday, October 30, at 2 pm in Felmeth Hall for a fun-filled afternoon of pizza and prize bingo! Come in costume and enjoy two slices of pizza, water, two bingo cards, and Halloween candy for all to enjoy. The cost to you is \$5 and you will be billed in November. Space is limited. Sign-up is required. There will be prizes for the best costumes!



Mission Moments- Leadership in Action



Hopes Promise Equine Assisted Activities

This month's Mission Moment honors Sherry Palmer (Village 1). Sherry is a one-of-a-kind person. She always shares her appreciation for the staff and neighbors with notes of gratitude and phone calls of thanks. Her heart is pure and she is the sweetest woman. She is strong and determined especially after all that she has been through in the last year. She sings in the high notes choir and has participated in all that Ridge Oak recreation has to offer! You may see Sherry sitting out in the sun or on the bench with neighbors enjoying each day that life has to offer! Thank you for reminding us of the good this world has to offer. You are a gem.

Out and About - Local Happenings

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: Convert your memories to digital with the Library of Things! Tuesday, October 13, at 11 am
- In Person: Ladies of History "Annis Boudinot Stockton," a one-woman show, Tuesday, October 13, at 7 pm.
- In Person: Social Security: Know Your Options, Tuesday, October 20, at 7 pm.
- Live Concert! The Music of Bob Dylan, with John Arthur, Sunday, October 25, at 2 pm.
- In Person: Protecting Yourself Online, Thursday, October 29, at 2 pm.

