

ACORNNS

VOLUME 47, ISSUE 6 JUNE 2024
RIDGE OAK, INC. 150 MANCHESTER DRIVE, BASKING RIDGE, NJ 07920
908/221-0266
FAX: 908/221-0042
www.ridgeoak.org

Summer Picnic

Join us Friday, June 21 at noon outside Felmeth Hall as we kick off summer with our annual picnic! We will have hot dogs, hamburgers, chips, and drinks. Live music provided by Magnolia Street String Band and the Ridge Oak staff will serve ice cream! Call the “day of” if you need a ride. All residents welcome!

Projects Underway

This month we start installation of centrally monitored smoke and heat detectors inside all Village 1 - 11 apartments.

We have removed all boxwoods outside of Village 12 (due to blight) and will plant items that have a staggered bloom period during the spring, summer and fall seasons.

We will remove 18" of mulch from around Villages 1,2, 3 and 12 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. They will be removed when stone is installed.

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 is happy to 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.

Have You Been Scammed?

A resident recently got a message about a fraudulent PayPal charge with a phone number to call. She was so nervous and upset she called the number that was in the message and then got swindled out of \$1,000 worth of gift cards! The money was lost. This is exactly what scammers do. They scare you and then take advantage of your fear.

Another resident got a letter from her bank about her account being closed. There was a phone number to call in California. She thought it was a fraud, so she went to her bank with the letter. Ends up it was a legitimate letter about her account being closed because of an

incorrect phone number tied to her daughter's name. Excellent work! Go to the bank or call the bank ONLY using the phone number on your bank card or a statement!

Welcoming the Intern

Join us in welcoming our new intern, Marliese Knill. Marliese is a long-time resident of Basking Ridge and is currently enrolled in the graduate Social Work program at Rutgers University. She will collaborate with Ridge Oak's Social Services Coordinator, Molly, on several projects over the next year. Please give her a warm welcome!

Updating Medical Fact Sheets

The first project our intern Marliese will be working on is an update to the medical fact sheets which are kept on your refrigerator. This will be an updated version of the sheet and magnetic holder that incorporates guidance from local emergency responders and 911ready.org. After reviewing your information with Marliese, you will receive a typed copy of your fact sheet (to make it easier for emergency responders to read) and additional copies to store in your glove compartment or handbag. You should expect a call from Marliese introducing herself and offering support with this potentially lifesaving tool.

Local Handyman

A local gentleman and member of Basking Ridge Presbyterian Church is generously offering his time for light handyperson work in your apartment. This could include hanging curtains, pictures, 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. 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. Please call the office to speak with Molly at (908) 221-0266 to schedule your podiatry appointment. Ridge Oak is happy to coordinate this service for you!

Zufall Dental Van

The fully equipped and full service affordable and convenient 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.

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.

Get Out and Vote

NJ Primary Election is Tuesday, June 4. Your POLLING Place is Felmeth Hall! The transporter will be available for rides only from 2 – 3 pm.



Thank You

If you attended the Pancake Breakfast on Sunday, May 5, send a note of gratitude:

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

Honeybee Buzz

Ridge Oak has honeybees! If you missed John Lygas presentation on May 7, check out the Ridge Oak honeybee module on Touchtown for bee info and updates on our hives. If you have questions about the 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.

Resident Garden Reminder

You may only place planter pots around the border of the resident garden if you DID NOT get a garden plot. Planter pots must be labeled with your name and apartment number. Two pots per person only! Ensure pots do not obstruct pathways. Unmarked pots will be removed by June 7th. Let's nurture a respectful and inclusive environment together!

Shopping Bus

Shopping bus departure time is 10 am! This month we will take a trip to downtown Somerville. Somerville is a great walking town with coffee shops, small restaurants, antique stores, boutiques and more.

- 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 are signing 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!

There is a strict limit of two bags per passenger, per trip. Please label your shopping bags in BIG letters 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.

Always 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 before the housekeeper arrives at your door!

Just a friendly reminder: When in the dining room, please practice patience and kindness toward your fellow diners and the Galley Crew members that serve you.

Also, please refrain from scrolling on your cell phone, watching videos, or engaging in any conversations on your cell phone while at the table. If you need to take a call, step out of the dining room.



If you want

to schedule a service or a meal or if you have questions about your cost for ANY service, please call the office and speak to Shannen or email srivers@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 - Wii Bowl & Chess

Mondays - Chair Yoga

Tuesdays - Perfect Posture

Tuesdays - Mahjong Lessons

Wednesdays - Pastor Dave & Simon Peter

Wednesdays - High Notes Rehearsal

Fridays - Bowling

Fridays - Happy Hookers

Fridays - Strength & Endurance

Fridays - Bingo

Tuesday, June 4 - Ridge Gives Back

Wednesday, June 5

Fraud and Scam Prevention

Thursday, June 6 - Ocean Grove

Monday, June 10 - Notables Sing

Tuesday, June 11 - Raptor Trust

Wednesday, June 12 - Sugar Shocker!

Thursday, June 13

Ecumenical Service

Thursday, June 13 - Evening Bingo

Monday, June 17

Aromatherapy Jewelry Making

Tuesday, June 18 - Butterfly Basics

Wednesday, June 19

A High Note Celebration

Thursday, June 20

Fellowship Discovery Series:
Jeopardy!

Friday, June 21 - Summer Picnic

Sunday, June 23

Accordion Pops Orchestra Concert

Monday, June 24 - Pokeno

Tuesday, June 25 - Meet with Molly

Wednesday, June 26 - Movie Matinee

Thursday, June 27 - Book Buggy

Friday, June 28 - Card Making

Mahjong Lessons

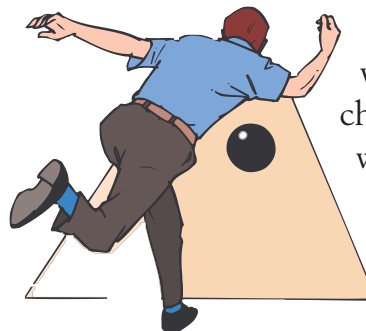
No Mahjong on Tuesday, June 4. Mahjong is played Tuesday mornings from 9:30 to 11:30 am in Felmeth Hall. Mahjong is a traditional Chinese tile-based game. Players aim to assemble sets of tiles based on specific patterns and combinations. It requires strategic thinking, pattern recognition, and luck, making it a challenging and engaging pastime enjoyed by people worldwide.

No experience is necessary. Learn a new game that will sharpen your mind and give you a boost of energy! We need at least 4 players each week to play. Please contact Emma in the office before signing up on Touchtown!

Bowling & Chess

No Bowling on Friday, June 21. Bowling games are played Mondays & Fridays at 10 am and 11 am. Only four people each hour. No experience required. 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.

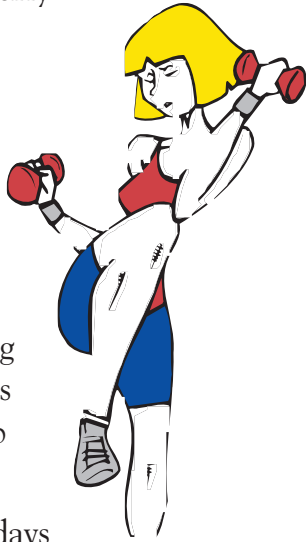
Chess - During bowling on Mondays, we have tables for chess players. If you would like to play chess, call the office, for information.



Exercise Series

No class on Friday, June 21. All classes are held in the lower-level Wellness Center at Felmeth Hall. Sign up early to guarantee a spot!

Chair Yoga – Mondays at 1 pm in the Wellness Center. Led by Michele Gorka from Fellowship, this class flows through both 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 stretches and exercises to help improve postural alignment. All fitness levels welcome! Sign-up is required.

Strength & Endurance – Fridays at 11 am in the Wellness Center. Led by Catherine Perez, Group Fitness Instructor and Personal Trainer. A total body workout, combining strength, balance, and flexibility exercises using free weights, resistance bands, and body weight. All fitness levels welcome! Sign-up is required.

The High Notes

If you would like to sing in the Ridge Oak choir, call or email Emma, elanese@ridgeoak.org. You do not need to read music to join, just a love of singing! Rehearsals will be Wednesday, June 5 & June 12 at 3 pm and Tuesday June 18 at 3 pm in the lower-level Wellness Center of Felmeth Hall. The performance will be on Wednesday, June 19 with a call time for the singers at 12:30 pm.

Happy Hookers

No Happy Hookers Friday, June 21. 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 is required.

Bingo

No Bingo Friday, June 21. 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 on the transporter. Sign-up is required to play each week.

Prayer Group

Our resident led prayer group is held every Thursday at 3:30 pm in Felmeth Hall Annex. ALL residents are welcome to attend. Sign-up is required.

Ridge Gives Back

Shredding & Junk Pickup

Tuesday, June 4 students from Ridge High School will be on site for the third annual “Ridge Gives Back” event. Students will pick up household items to be discarded; including items such as SMALL side tables, small wood chairs, lamps, dishes, pots, pans, bagged clothing, and linens.

They will NOT pick up: large furniture – recliners, dressers, large tables, sofas, curio cabinets, TV cabinets, mattresses, box springs, bed frames, headboards, nor electronics – computers, monitors, TVs, or printers.



The students will also pick up paperwork to be shredded by Security Shredding.

Call the office or email elanese@ridgeoak.org no later than Monday, June 3 to have your name put on the pickup list. You **MUST** be on the list for the students to pick up!

Fraud & Scam Prevention

Wednesday, June 5 at 11 am in Felmeth Hall. Michele Stasse from Basking Ridge branch of Bank of America, will be here to review everything you need to know about being swindled and how to avoid it happening to you! Sign-up is required.

Pastor Dave & Simon Peter

We continue our six-week study of The Apostle, Simon Peter Wednesday, June 5 at 2 pm & June 12 at 10 am in Felmeth Hall. Come to one or come to all. Residents of ALL faiths are welcome! Call the “day of” if you need a ride. Sign-up is required each week.

Ocean Grove Tour

A charter bus will depart from Felmeth Hall at 9 am on Thursday, June 6, and head down to Ocean Grove, NJ. We will have a private tour of the Methodist Camp town by historian Bob Waitt, who has worked with Historical Society of Ocean Grove for 20 years. After the tour, we can walk downtown, have lunch on our own and see the ocean. Cost of the trip is \$10, and you will be billed in July. Light snacks and water will be provided. Bring money for lunch! Space is limited. Sign-up is required.

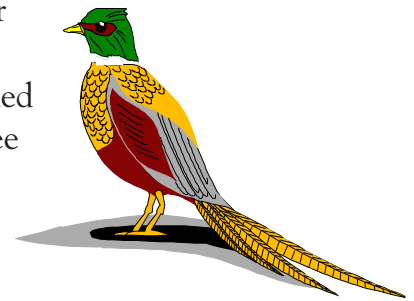
Please Note: Before you sign up, please consider your ability to get on and off the charter bus on your own. While Ocean Grove is not big, we suggest you have a “buddy” on the trip to navigate around town and to find your way back to our meeting place and bus. Have your cell phone with you and make sure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

Notables Sing

Join us Monday, June 10 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 two Ridge Oak residents! A student scholarship will be awarded. Call the “day of” if you need a ride. Sign-up is required.

Raptor Trust

Tuesday, June 11 at 2 pm, the bus will head over to Raptor Trust Bird Rehabilitation and Educational Center in Millington. We will take a self-guided walking tour and see the owls, hawks, eagles, and more! Space is limited. Sign-up is required.



Sugar Shocker!

Think sugar gives you a lift? Think again. Too much sugar will leave you feeling tired and sluggish soon after you eat it. Do you really know how much sugar is in the food and drinks you consume? Join Andrea Huber, Public Health Nutritionist with Bernards Township Health Department on Wednesday, June 12 at 1:30 pm in Felmeth Hall to learn more about how much sugar is in soda and other popular drinks, the health risks associated with consuming too much, plus tips to cut back on your intake. Sign-up is required.

Ecumenical Service

Father Rick from St. Mark’s Episcopal Church will lead the Ecumenical Service on Thursday, June 13 at 10 am. All are welcome! Call the “day of” if you need a ride.

Evening Bingo

Thursday, June 13 at 6 pm, in Felmeth Hall, a group from the Togetherhood Program at the YMCA will run an evening of Bingo with prizes. The transporter is available if you call before 5 pm. Sign-up is required.

Togetherhood Program provides members of Somerset Hills YMCA and the community with rewarding opportunities to give back and support our neighbors while having fun!

Aromatherapy Jewelry Making

Join Michele Gorka, our Chair Yoga instructor, Monday, June 17 at 2:30 pm in Felmeth Hall lower-level Wellness Center, as she guides another rejuvenating workshop in our self-care series. We will craft refreshing aromatherapy jewelry. If you've been wanting to replenish your supplies from a previous workshop, this is the perfect opportunity! The workshop is \$5, and you'll be billed in July. Sign-up is required.

Butterfly Basics

Tuesday, June 18 at 1:30 pm in Felmeth Hall, one of our favorite Naturalists from the Environmental Center, Ben Barkley, will tell us everything he knows about butterflies. Just wait until you see the beautiful butterfly pictures taken by Ben! Sign-up is required.

A High Note Celebration

Join us on Wednesday, June 19 at 1:30 pm in Felmeth Hall to hear Ridge Oak's very own High Notes ensemble led by Dan McCulloch for their Spring into Summer concert. This talented choir will sing tunes from the Beatles, patriotic songs, spirituals and more. Don't miss a chance to hear your friends sing. Come for the music and stay for dessert! Call the "day of" if you need a ride. Sign-up is required.

Fellowship Discovery Series: JEOPARDY

Unlock the secrets to maintaining sharp cognitive skills as we age! Join us Thursday, June 20 at 2 pm in Felmeth Hall for a presentation by Alexa Mataj, Speech-Language Pathologist. Gain insight into practical strategies for mental acuity. Alexa will also put your knowledge to the test with a game of Jeopardy! Sign-up is required.

Accordion Pops Orchestra Concert

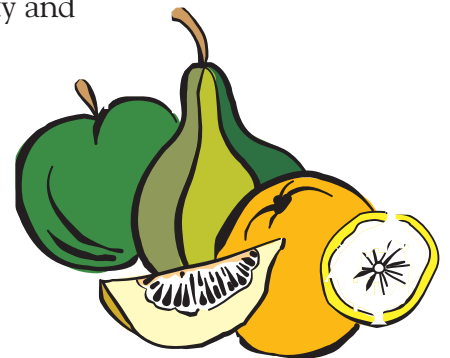
Sunday, June 23 at 3 pm we will travel to the Sieminski Theatre at Fellowship Village for "An Afternoon of Music" performed by the Accordion Pops Orchestra. This (almost) all-accordion orchestra features a talented group of musicians, coming together to create a one-of-a-kind sound. Sign-up is required.

Pokeno

Come out on Monday, June 24 at 2 pm for Pokeno in Felmeth Hall Annex. Bring at least fifty pennies with you. Sign-up is required.

Meet with Molly

It's that time of year again! Farmers market QR coupons are coming back and will be available in July. Meet Molly, Social Services Coordinator, on Tuesday, June 25 at 11:30 am in Felmeth Hall, while she goes over the specifics about the \$50 benefit. She will explain eligibility and the process of obtaining and using the benefit. Sign-up is required. Call the "day of" if you need a ride.



Movie Matinee

In honor of Juneteenth, join us Wednesday, June 26 at 1 pm in Felmeth Hall for a viewing of the 2019 film, *Harriet*, starring Cynthia Erivo and Leslie Odam Jr. Based on the inspirational life of an iconic American freedom fighter, *Harriet* tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Her courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history. Light refreshments will be provided. Sign-up is required.

Library Book Buggy

Book Buggy returns Thursday, June 27 at 2 pm. If you would like the Buggy to stop at your apartment, call the Ridge Oak office so we can plan our route.



If you would like to request a specific item delivered to your door on June 27, 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 OR email requests to circ-ber@mainlib.org.

Card Making

Friday, June 28 at 2 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.

Resident Recommendation

Have you gone to a local restaurant or shopping establishment and want to share the good news? Send information to Emma at elanese@ridgeoak.org and we will highlight it in ACORNS.

Out & About

Local Happenings

- Bernardsville Cinema Free Theatrical Tuesday. Head over to Bernardsville movie theater for a free viewing of the Tony winning musical, *Kinky Boots* on June 30 at 6 pm. Tickets are free, but you must register in advance at www.bernardsvillecinema.com or call (908) 766-0770.

Singers Needed

The Notables Singers are looking for female voices to join their ensemble! Rehearsals are Monday evenings in Felmeth Hall at 6:30 pm. For more information, please call the office.

Bernards Township Library Events

Bernards Township Library hosts many free events. For all virtual programs, registration is required to receive a Zoom link at www.BernardsLibrary.org or call (908) 204-3031 x116.

- In Person - Repair Cafe—Toss it? No way! Saturday, June 8 from 11 am–2 pm. Stop by the library with a broken item and have it repaired for FREE! (i.e., small appliances, jewelry, clothing)
- Virtual - The History of Emancipation and Juneteenth, Monday, June 10 at 7 pm.
- In Person - Geology, the Glacier, and the Great Swamp, Thursday, June 13 at 7 pm.
- Virtual - Greenwich Village, NYC with Mario Medici, Wednesday, June 19 at 7 pm.
- Virtual - The Music of John Williams with Gil Harel, Monday, June 24 at 7 pm.
- In Person - Get started with eBooks and Audiobooks, Tuesday, June 25 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.



CALENDAR

Week of June 3rd

- 3rd Monday
 10 am BUS Bernardsville
 10/11 Bowling
 11 am Chess
 12 pm LUNCH- Hot Beef Sloppy Joe
 1 pm Chair Yoga
- 4th Tuesday
 Election Day
 10 am Ridge Gives Back
 10 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
- 5th Wednesday
 10 am BUS Lyons Mall
 11 am Fraud & Scam Prevention
 2 pm Pastor Dave & Simon Peter
 5 pm DINNER- General Tso's Chicken
- 6th Thursday
 9 am Ocean Grove
 10 am BUS Farmers Market
 12 pm LUNCH - Pulled Pork Sliders
 3:30 pm Prayer Group
- 7th Friday
 10 am BUS Asian Food Market
 10 am Happy Hookers
 10/11 am Bowling
 11 am Strength & Endurance
 1 pm Bingo
 5 pm DINNER - Coconut Shrimp

Week of June 10th

- 10th Monday
 10/11 am Bowling
 10 am BUS Bernardsville
 11 am Chess
 1 pm Chair Yoga
 5 pm DINNER - Chicken Pot Pie
 7 pm Notables Sing

- 11th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 2 pm Raptor Trust
 5 pm DINNER - Seasoned Flounder
- 12th Wednesday
 10 am BUS Lyons Mall
 10 am Pastor Dave & Simon Peter
 1:30 pm Sugar Shocker!
 5 pm DINNER - Meatloaf
- 13th Thursday
 10 am Ecumenical Service
 10 am BUS Farmers Market
 12 pm LUNCH - Spinach Quiche
 3:30 pm Prayer Group
 6 pm Evening Bingo
- 14th Friday
 10 am BUS Downtown Somerville
 10/11 am Bowling
 10 am Happy Hookers
 11 am Strength & Endurance
 1 pm Bingo
 5 pm DINNER - Orange Ginger Pork

Week of June 17th

- 17th Monday
 10 am BUS Bernardsville
 10/11 am Bowling
 11 am Chess
 1 pm Chair Yoga
 2:30 pm Aromatherapy Jewelry Making
 5 pm DINNER - Beef Brisket
- 18th Tuesday
 9:30 am Mahjong
 10 am NO BUS
 12:30 pm Perfect Posture
 1:30 pm Butterfly Basics
 5 pm DINNER - Citrus Glazed Salmon

19th Wednesday
10 am BUS Lyons Mall
1:30 pm A High Note Celebration
5 pm DINNER- Lasagna

20th Thursday
10 am BUS Farmers Market
12 pm LUNCH - BBQ Chicken Sliders
2 pm Fellowship Discovery -Jeopardy
3:30 pm Prayer Group

21st Friday
12 pm Summer Picnic

23rd Sunday
3 pm Accordion Pops Concert

Week of June 24th

24th Monday
10 am BUS Bernardsville
10/11 am Bowling
11 am Chess
1 pm Chair Yoga
2 pm Pokeno
5 pm DINNER- Pork Spare Ribs

25th Tuesday
9:30 am Mahjong
10 am BUS Stirling & Gillette
11:30 am Meet with Molly
12:30 pm Perfect Posture
5 pm DINNER- Tilapia Almondine

26th Wednesday
10 am BUS Lyons Mall
1 pm Movie Matinee
5 pm DINNER- Beef & Broccoli

27th Thursday
10 am BUS Farmers Market
12 pm LUNCH- Turkey Sandwich
2 pm Book Buggy
3:30 pm Prayer Group

28th Friday
10 am BUS Bridgewater Promenade
10/11 am Bowling
10 am Happy Hookers
11 am Strength & Endurance
1 pm Bingo
2 pm Card Making V12
5 pm DINNER- Vegetable Lasagna

