

ACORNNS

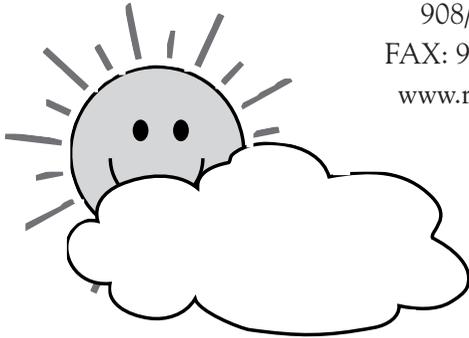
VOLUME 40, ISSUE 8 AUGUST 2017

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

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"In winter, I get up at night and dress by yellow candle-light.

In summer quite the other way, I have to go to bed by day light."

Robert Louis Stevenson

Vets Donation

After our yummy hot dog lunch on July 3rd we donated \$178 to Lyons VA permanent housing program called Valley Brook Village, run by Community Hope of NJ. We had 63 people in attendance so at \$2 per dog everyone ate 2.82 hot dogs! Lots of naps after a fun day of food and music on the Village 12 patio. Thank you.

Raffle Tickets

Monday, September 4th, the annual Bike Races will be held in the center of



town. This is a good opportunity to sell raffle tickets near Copper Kettle. If you are available between 10-12 noon (you will need to get yourself there and back) and would like to sell raffle tickets, please tell Connie.

Heart Talk - A True Story

A Ridge Oak resident recently experienced chest and back "discomfort" during the night. She reports that dealing with the pain was so immediate and intense that she did not think beyond the moment and the danger of her symptoms. Very often women having a cardiac event mistake the symptoms

for stomach or back pain. The next day our resident still did not feel right and ended up in the hospital. She had to have a heart “stent” put in. She was stunned when she noticed how very seriously the cardiac staff at the hospital was treating her symptoms. She is most grateful for the wonderful care she received at the hospital and now realizes her symptoms were serious. While we all tend to live in the moment, when we are in pain, the lesson is—don’t wait, call 911.

Computer Room News

Russ Archer is available to provide computer room tutorials to interested residents. Dates are Tuesday, August 1st & 15th from 2:30 pm – 4 pm. Seats are limited and sign-up is required. Please Note: computer room will be CLOSED to other computer users during class times.



Hacked

A Ridge Oak resident was recently reading the news on her computer and clicked on a sidebar. A pop-up appeared and she called a number that she thought was Microsoft. It was not. Her computer was taken “hostage” and frozen. Lesson

learned, do not open any e-mail, e-mail attachment or click on any icon or pop-up that you do not know!

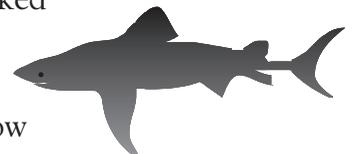
The Magic Shop

Magic Shop, a full-service hair salon open for men and women, is open on Fridays. Stop by or call for an appointment with our stylist, Sabrina. Call 908-221-1222 to make an appointment to have your hair done and if you need a ride on the transporter. Residents are billed for salon services by the Ridge Oak office at the end of each month. Please tip the stylist after each service.



From the Executive Director *Bonnie*

We were all blown away on July 18th when we connected LIVE to the Great Barrier Reef Aquarium in Australia! It was 7 pm here and 8:30 am there. Scuba divers gave us a live tour of their tanks that house coral reef, sea urchins, star fish, sharks, grouper and lots of other cool stuff. Everyone’s mouth was hanging open (we all looked like we were catching flies) in disbelief at how



interesting it all was. Thanks to all our residents who joined us in Felmeth Hall for this great program instead of watching Wheel of Fortune at home in their apartment.

In August, we will connect with the Royal Botanical Gardens in Ontario Canada right here in Felmeth Hall. Read about it in the Ridge Oak Activities section of the ACORNS. Come out and join us!

Occupancy - *Christine,
Patrice & Helen*

Vacation

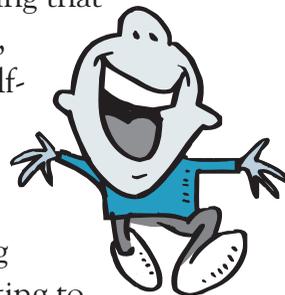
If you are going on vacation or going to stay with family for more than a couple of days, we would appreciate it if you could take a moment and call the office on 908-221-0266 and let us know when you are leaving and when you will return. This is important in case there is an emergency and we need to enter your apartment.

Also, per house rule #14, which is an attachment to your lease, extended absences are not allowed for more than 60 days in a calendar year for vacation or visiting family. If you have any questions about this, please contact Christine at the office.

From Social Services – Elaine

10 Things Happy People Do Not Do

Happiness is something that feeds the body, mind, and soul. It boosts self-esteem and self-worth. Real happiness is found in giving and helping others, and contributing to society; therefore, go ahead and volunteer to draw smiles on other's faces.



Below are some things that happy people do **NOT** do:

1. Take More Than They Give

Happiness doesn't result from what we get, but from what we give. If you have tried giving to others, you know that this provides a satisfying sense of fulfillment.

2. Be Part of Drama

Getting caught up in other people's business and relationships can bring drama to your house, something you do not want. Happy people tend to occupy their brains with things they have control over. Taking care of your life while allowing others to live theirs could be the simplest act to ensure and maximize happiness.

3. Be Ungrateful

Be grateful for the things you have, because that brings about satisfaction

and positive energy in everyday life.

We need to be content with what we already have so that we stay happy and appreciate life.

4. **Look at The Empty Half of The Cup**

Some people think long and hard about failures and get stuck in the problem; however, being truly happy will help you focus your efforts on the solution rather than the problem. No matter how bad life brings you down, you can always jump back up.

5. **Discard Relationships**

Relationships are a big part of happiness and something we need to take care of to stay happy. Take time to value your relationships.

6. **Define Themselves by Only One Thing**

Happy people do not allow themselves to be defined by only one aspect of life. They might put a lot of value on relationships, but they still keep careers they enjoy and hobbies they love. They love learning and growing as individuals. If you limit yourself to one aspect and that goes wrong, you feel doomed and lost.

7. **Focus on Materialistic Things**

Do you focus mostly on material things, or do you think deeper and make sure you follow profound values and principles in life? It's more rewarding to value memories and experiences over materialistic things.

8. **Ignore Their Passions**

Happy people follow their passions and don't let go of them. They are not afraid to chase their dreams.

9. **Stay Unbalanced**

Staying balanced provides a sense of security and comfort, knowing that everything will work out. Happy people are usually happy with what they have and do not spend time or waste effort thinking about things they don't have.

10. **Mistreat Others**

Happy people tend to conform to the golden rule, treating others like they would like others to treat them. They treat people with respect and kindness, and thus get the same reaction from others most of the time.

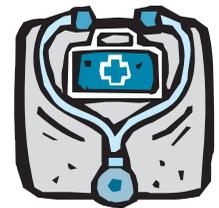
From Wellness Nurse

Karen Ellis RN

VNA of Somerset Hills

Summer is in full swing!

It is August and it is hot and humid! Time to pay close attention to how much water you are drinking.



Adequate fluid intake is necessary to prevent dehydration and the problems associated with it.

Thirst isn't always a reliable early indicator of the body's need for water.

Many people, particularly older adults, don't feel thirsty until they're already dehydrated. That's why it's important to always drink enough water or other fluids, but it is especially important during hot weather. Water is a requirement for health and is essential for life. Water sustains the body's many vital chemical reactions and correct body functions. No other nutrient is more essential or is needed in such large amounts. As we age, the water content in our body decreases and the risk for dehydration increases. Dehydration is a frequent cause of hospitalization and is associated with impaired thinking or confusion, falling, and constipation. Dehydration can be dangerous!



The signs and symptoms of dehydration may include:

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness
- Confusion

There are many reasons why people don't drink enough water. One of the most common is they don't like to go to the bathroom frequently! Some people

don't like the taste of water, are not in the habit of drinking water, don't remember to drink water or don't realize the benefits of good fluid intake.

Anyone can become dehydrated, but older people are at greater risk. As you age, your body's fluid reserve becomes smaller, your ability to conserve water is reduced and your thirst sense becomes less acute. These problems may be compounded by chronic illnesses such as diabetes and dementia, and certain medications. Older adults may have mobility problems that may limit their ability to obtain water for themselves. Having uncontrolled or untreated diabetes puts one at high risk of dehydration. Kidney disease also increases risk, as do medications such as diuretics that increase urination. Even having a cold or sore throat makes you more susceptible to dehydration because you're less likely to feel like eating or drinking when you're sick. People who work or exercise outside when it's hot and humid, have a greater risk of dehydration and heat illness. That's because when the air is humid, sweat can't evaporate and cool you as quickly as it normally does, and this can lead to an increased body temperature and the need for more fluids.



To prevent dehydration, make sure you drink plenty of fluids throughout the day. Get in the habit of having fluids at meal times and during activities. Limit caffeinated drinks like coffee and tea as they may act as a diuretic. Eat foods high in water such as fruits and veggies. And there's always the special summer treats like frozen ices that can help too!

From Supportive Housing *Jill*

Residents love to come to Felmeth Hall for dinner to enjoy the company of others and to have a well-balanced meal. Although every meal may not be to your liking, for the comfort of your tablemates, please refrain from unpleasant comments regarding the food. If you have something on your mind about a meal item, please call or see Jill in the office.

Now that the summer is here, please remember that the A/C will be on in Felmeth Hall. Bring a sweater if you think you will be chilly.

Dinner meals on August 2nd, 3rd, & 4th will be held at Village 12 due to kitchen maintenance in Felmeth Hall. If you need a ride on the transporter to Village 12, please call the office!



You will be charged for your meal if you do not cancel or call the day prior before 11am. Please call and let us know if you plan to be away.

MEAL NOTES FOR AUGUST

Tuesday, August 1st – Asian Delite Restaurant will deliver Shrimp Egg Foo Yung with Chinese Vegetables at 5 pm in Felmeth Hall. Tasty Almond Cookies for dessert.

Wednesday, August 2nd, Thursday, August 3rd & Friday, August 4th – MEALS WILL BE HELD AT 5 pm IN VILLAGE 12.

Wednesday, August 9th – Hamburgers, cooked fresh on the grill by Randall from KINGS is on the menu at 5 pm in Felmeth Hall. Randall makes one “mean” burger! Call and reserve your spot!

Thursday, August 10th – Join us for Fried Chicken served with Corn on the Cob at 5 pm in Felmeth Hall. It's that time of the year!

Wednesday, August 16th – BIRTHDAY DINNER – Our Birthday entrée at 5 pm in Felmeth Hall is KINGS Tasty Panko

Tilapia. Join us in wishing your friends and neighbors a Happy Birthday with a Chocolate Cake with Cherry Filling & Chocolate Icing for dessert.

Wednesday, August 23rd – Join us at 5 pm in Felmeth Hall for Spinach Stuffed Flounder. Refreshing Pound Cake with Fresh Fruit will be served for dessert.

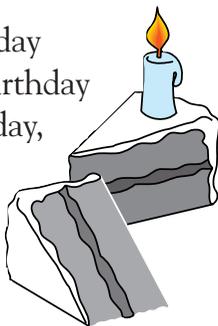


Thursday, August 24th – It's time for delicious Meatloaf served at 5 pm in Felmeth Hall. Tasty Lemon Cookies will round out our menu for dessert.

Tuesday, August 29th – Kielbasa with Apple Kraut and Pierogies will be served at 5 pm in Felmeth Hall.

Thursday, August 31st – Coconut Shrimp is back on the menu at 5 pm in Felmeth Hall. Don't miss out on Red Velvet Cake for dessert!

Plan Ahead All You Birthday Babies – Our September Birthday Dinner will be on Wednesday, September 13th at 5 pm in Felmeth Hall. Join us in wishing your friends and neighbors a Happy Birthday while we serve Spare Ribs along with a Black & White Cake with Cannoli Filling and Vanilla Icing!



Housekeeping

We awarded one of our residents a \$50 Gift Card to KINGS for her participation in the June "Spring Clean & Win".

Thank you all for your participation. Stay tuned for future participatory "surprises"!

Please be sure you put on your Air Conditioner for the safety and welfare of our housekeepers if you are booked for that day.

If you call and we are full, you will be placed on a waitlist when the next resident cancels. If you have an appointment and cancel LESS THAN 24 hours prior, you WILL BE charged for the service unless it is an EMERGENCY.

If you have questions concerning our meal or housekeeping programs, please call Jill in the office.

Care Fund

Care Fund was established with donations from sponsor churches, local organizations, residents and their families to help Ridge Oak residents remain independent. The Care Fund subsidizes meals, personal care, Adult Day Care Services, and Persys Medical Alert Systems. No Care Fund dollars are used for parties, recreation events, or administrative expenses! Many thanks to the people who have made recent donations to the Care Fund.



PERSYS Units

PERSYS (Personal Emergency Response System) is an electronic device that lets you summon help in an emergency. The transmitter is worn around the neck or wrist and sends a signal to the telephone. When emergency help is needed, the PERSYS user presses the button and rescue squad, police and emergency phone numbers are called. Units are monitored by an alarm company. Our units are owned by Ridge Oak, and residents are billed for monitoring. PERSYS units have truly been “lifesavers” for those who have had an emergency and cannot reach the phone. Maintenance staff is responsible for installing and testing units. If you want to sign up for this medical alert service, call Elaine at the office to process the paperwork. Units will be tested again on Thursday, September 21st. If you will not be home, please leave your pendant out so it can be tested. It is important that all units are working properly in case of an emergency. PERSYS bills are sent out quarterly.

Church Schedule

Our Sunday bus driver, Chris, makes several runs on Sunday mornings to accommodate local church services.

Stand out on Manchester Drive and the bus will pick you up as it passes. Village 12 residents are picked up after Manchester Drive residents.

- 8:30 am for the 9 am service at St. James Roman Catholic Church
- 8:30 am for the 9:30 am service at Basking Ridge Presbyterian Church
- 8:30 am for the 9:15 am Traditional Service at Liberty Corner Presbyterian Church



Bernards Township Mall Shopping Trips

Bernards Township Parks & Recreation Department runs a shopping bus weekly. There is no charge, but sign-up is required by calling Ruth at 908-204-4616. The bus will pick up at Felmeth Hall and V12 between 9 and 10 am. Recreation Department staff will let you know what time when you register. Note that reservations for the bus must be made by 1 pm on the day prior to the scheduled trip.



MARK YOUR CALENDAR

for Ridge Oak Activities

Wednesday, August 2nd

Better Balance

Tuesday, August 8th

Music Beyond Borders

Wednesday, August 9th

Bardy Farms

Wednesday, August 9th

Folk Dancing

Thursday, August 10th

Sleep - We all Need It!

Monday, August 14th

Color My World

Wednesday, August 16th

Walk, Shop & Lunch

Thursday, August 17th

Dogs for Dogs

Tuesday, August 22nd

Space Invaders

Friday, August 25th

Cracker Barrel and Walmart

Monday, August 28th

Healing Plants

Wednesday, August 30th

Name That Tune

Thursday, August 31st

Denville Dairy

Better Balance

The key to keeping your balance is to know when you have lost it...before you fall!

Brains, Body and Balance will start again in August. Normally classes are held on Tuesdays at 1 pm and Fridays at 11 am. Note that during the first week of August, classes will be Wednesday, August 2nd at 1 pm and Thursday, August 3rd at 11 am. Please check the calendar for any changes in the schedule.



Music Beyond Borders

Tuesday, August 8th, the bus will leave at 11:30 pm for the Green in Morristown for "Music from China." The trio performs traditional and contemporary Chinese music, highlighting the 2-string fiddle (erhu), hammered dulcimer (yangqin) and the 21-stringed zither (zheng).



After the performance, we will go to the Famished Frog for lunch. The performance is free and lunch is on your own. Sign-up is required.

Mayo Performing Arts Center in Morristown presents Music Beyond Borders on select Tuesdays this summer. Concerts feature a performance of world music reflecting the diverse culture of the area.

Bardy Farms

Wednesday, August 9th, the bus will leave at 10 am for Bardy Farms in Warren. They DO take the Jersey Fresh Certificates. Sign-up is required.



Established 1904 in central New Jersey they provide fresh fruits, vegetables, and flowers year-round. They sell a large selection of garden

bedding plants, hanging baskets, vegetable plants (including heirloom varieties), perennials, shrubs, hardy mums, asters and roses.

The farm market provides fresh baked pies and breads, cider donuts, gourmet cheeses, milk, jellies and apple cider in season. Organic selections include meats, cheeses, milk, frozen berries, frozen and fresh vegetables.

Folk Dancing

Folk dances are dances that reflect the life of the people of a certain country or region.

Wednesday, August 9th at 7 pm, the daughter, of one of

our residents, will be here to demonstrate traditional folk dancing. No experience necessary. Wear comfortable shoes and come out to try a few steps or just to enjoy. Sign-up is required.



Sleep - We All Need It!

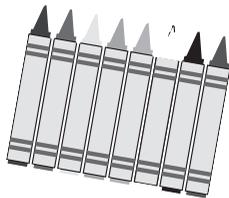
Remember signing up for the sleep program and having it cancelled not once but twice? It is going to happen on **Thursday**, August 10th at 1 pm. Sign-up is required.

Color My World

Monday, August 14th, join us for a relaxing afternoon of coloring at 1:30 pm. Connie has assorted coloring pencils and coloring books, including the Somerset Hills Historical Coloring Book. Feel free to bring your own pencils and coloring pages. Sign-up is required.

Coloring books are no longer just for the kids. Coloring books and coloring

pages for adults are extremely therapeutic and can help generate wellness, quietness, mindfulness and the exact same benefits which meditation imparts on the brain.



Shop, Walk & Lunch

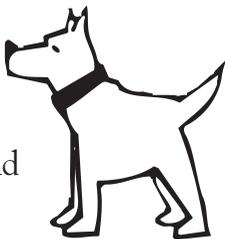
Wednesday, August 16th get out of the heat and take a walk at a local mall. The bus will leave at 11 am for Rockaway Mall. You will have time to shop and lunch and still get in a good walk. Sign-up is required.

Dogs for Dogs

The Dog Days of Summer...

Thursday, August 17th, we will raise money for St Hubert's in Madison by grilling hot dogs at 12 noon in Felmeth Hall. The comedy/drama a *Dog's Purpose* will be shown during lunch. Admission is \$3 per person and we ask that you bring a dog friendly donation we can send to the shelter. All money raised goes to the care and feeding of the dogs at the shelter.

Sign-up starts on Tuesday, August 1st. The program cost is \$3. If you have signed up and you need to cancel, you



must cancel by 11 am on Wednesday, August 16th or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in September.

Below is a list of suggested donations:

- Canned Cat & Kitten food (ground, no fish)
- Canned Dog & Puppy food
- Soft Treats
- Blankets & Towels
- Kongs & Peanut Butter
- Hard Dog Toys, Cat Toys, & Nylabones
- String Cheese
- Pedigree or Purina brand Dog & Cat Food (wet and dry)
- Scoopable/Clumping Kitty Litter
- Supermarket Gift Cards
- Collars & Leashes
- Small Animal Food, Bedding & Toys
- All-Natural Cleaning Supplies
- Unscented baby wipes
- Solo cups
- Paper towels
- Pillowcases & Old Sweatshirts (without zippers or buttons)
- Dog biscuits (small or medium size)
- Hand sanitizer
- Stuffed animals (6" or larger)

Why Do We Call Them the 'Dog Days' of Summer?

It doesn't have to do with dogs lying around in the heat—

Many people today use the phrase to mean something like that—but originally, the phrase has nothing to do with dogs, or even with the lazy days of summer. Instead, it turns out, the dog days refer to the dog star, Sirius, and its position in the heavens.

Space Invaders

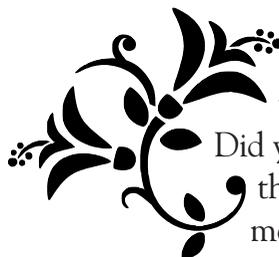
Have you ever had someone invade your space? Touch you or grab you unexpectedly? An uninvited overture that results in unwanted physical contact? This is NEVER okay. Not for a young person, a senior citizen, a man or a woman.

Come and meet Bernards Township Police Officer Scott Ward on Tuesday, August 22nd at 1 pm to learn more about your rights in your space. We will conclude our session with a sweet ending—an ice cream treat. Sign up starting on Tuesday, August 1st.

Cracker Barrel & Walmart

Friday, August 25th, the bus will leave at 11 am for Walmart in Clinton and then on for a late lunch at Cracker Barrel. Their Friday Fish Fry of cod fillets is delicious! Sign-up is required.

Healing Plants

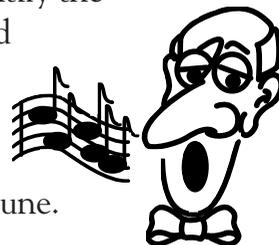


Did you ever wonder where modern medicines originated? Did you know that 80% of the world uses plants as medicine? Join us on Monday, August 28th at

1 pm as we connect via videoconference to the Royal Botanical Gardens in Ontario. Sign-up is required starting Tuesday, August 1st. Program cost is \$3. If you sign up and you cannot attend, then you must cancel by 11 am on Friday, August 25th or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in September.

Name That Tune

“I can name that tune in 5 notes...” Name That Tune was an American Game Show, premiering in 1952, that put two contestants against each other to test their knowledge of songs. The host read a clue to a song and the contestants alternated bidding as to how few notes they needed to identify the song. Bidding ended when one contestant challenged the other to name the tune.



Join us on Wednesday, August 30th at 1 pm as we try to Name That Tune. Sign-up is required.

Denville Dairy

Tomorrow we can eat broccoli but today, we eat ice cream! Thursday, August 31st, the bus will leave at 1 pm for Denville Dairy. Sign-up is required.

Denville Dairy is a premium ice cream store in Denville, NJ. They are a family run establishment in business for over fifty years. They pride themselves in making the best possible homemade premium hard ice cream, sherbet and Italian ices. They rotate through over one hundred specialty and seasonal flavors. Twenty-eight of these flavors are available for scooping at any one time. There is fresh vanilla and chocolate soft serve ice cream available. Fresh fat free/low sugar and fat free/sugar free soft serve products are options as well.



Afternoon of Cards

Uno, Phase 10, Skip Bo? Saturday, August 12th join us for card games at V12 at 2 pm. This is a good time to share a favorite card game or learn a new one. Everyone is welcome.

Sunday Afternoon of Games

Join the fun on Sunday afternoon, August 20th at 2 pm. Everyone is invited.

Looking Ahead

Hand Chimes will start up again in September. Watch for details in September Acorns

ACORN Collators & Distributors

September ACORNS will be collated on Friday, August 31st at 9:30 am. Distributors can pick up their village after 10 am.

Monday Afternoon of Games

Join your friends and neighbors for Scrabble, Tiles, and other card games at 1 pm in Felmeth Hall on Mondays unless otherwise noted. Start your own table of games, ask a friend or neighbor to join you. Tell Connie if you are looking for someone to play games with.

Happy Hookers

Knitting & crocheting group meets at Felmeth Hall from 10:30 am. The group is open to all levels and all types of hand crafts. The group will meet Monday, August 7th, 14th, 21st & 28th.

Bingo

Bingo will be played in Felmeth Hall on Friday August 11th & 18th and on Thursday, August 24th at 1 pm.

Foot Care



Dr. Brown will be here on the 15th & 22nd. Dr. Geller's next visit will be Tuesday, August 8th. We schedule home visits for Dr. Brown and you may schedule Dr. Geller by calling his office at 908-281-9002. We do not endorse either physician, nor do we resolve or mediate billing and/or payment issues.

Charlie Church Mouse Corner

Prayer Group

Prayer Group meets in Felmeth Hall on Thursdays at 3 pm.



Bible Study

Bible Study meets on Fridays at 10 am in Felmeth Hall. If you have a bible, bring it with you as well as a pad and pencil to save your important notes.

Roman Catholic Mass

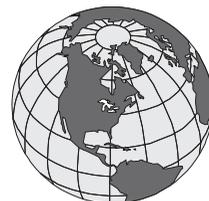
Monsignor Capik will say Mass on Monday, August 14th at 8:30 am. All faiths are welcome!

Ecumenical Service

Father Rick, of St Mark's Episcopal Church will hold an ecumenical service on Thursday, August 3rd at 10 am. All faiths are invited.

If you are looking for a church, stop by and meet Father Rick, you will like him and his service.

OUR EXPANDING WORLD



Activities outside Ridge Oak

Annual AAUW Used Book Sale

Book Sale will be held on Thursday, August 3rd & Friday, August 4th from 12- 8 pm and on Saturday, August 5th from 9 am -3 pm at Bernardsville Middle School on Seney Drive.

The Library Corner

Bernards Township Library on Maple Avenue offers many programs and has an extensive book collection. The library has books and magazines written in Chinese. If requested, they can order books in other languages from Morristown. If you have any questions or would like more information, please call 908-204-3031.

Each month we will ‘spotlight’ some of the programs.

- Lighthouses–Rhode Island & Cape Cod with Kevin Woyce: Monday, August 7; 7 pm. Photo lecture. Registration requested.
- The Great American Solar Eclipse of 2017: Tuesday, August 8; 7 pm. Paul Cirillo of AstronomyNJ.com. Get ready for this rare and spectacular event. Learn where to view, history of eclipses, and more. Registration requested.
- The Dog Days of Summer, A Museum of Early Trades Outreach Program: Tuesday, August 15; 7 pm. Learn strange and amusing origins of some of our most popular expressions. Registration requested.
- Daytime Book Discussion: Wednesdays, August 16, The Good Soldier by Ford Madox Ford; 10 am.
- George Seurat, An Armchair Art Tour: Thursday, August 17; 7 pm. Presenter: Dr. Michael Norris. Registration requested.
- Aloha Hawaii – Join Gail Mahealani Thompson, a native Hawaiian, for a presentation on the history and culture of Hawaii: Wednesday, August 23; 7 pm. Registration requested.



Urgent Care

Astrahealth Centers has an Urgent Care Center at Lyons Mall. They offer walk-in appointments, treatment for adults and children, quality care, and most major insurances are accepted. They are open daily and have extended hours. There are pamphlets in Felmeth Hall. For more information, call 908-760-8888.

Dorsi Deli Pharmacy

Dorsi Pharmacy, in Stirling, will deliver prescriptions and light groceries six days a week. They carry Avon products! Call 908-647-7878 to arrange for a delivery.

CVS Pharmacy

CVS Pharmacy at 107 Morristown Road in Bernardsville, near Shop Rite, offers free delivery on Tuesdays & Fridays. For more information, call 908-221-0871.

Somerset Hills YMCA

Ridge Oak residents can join the Y for just \$5 a month! Payment in full of \$60 for the full year is required when you join. If interested, call the Ridge Oak office for an application. If you have questions about membership, call Suzanne Fischl at 908-766-7898 x 505. For financial assistance, contact Beatriz at 908-766-7898 x 346.

The Active Older Adults Program at Somerset Hills YMCA meets in Gagnon Teen/Community Center on the lower level each Tuesday & Thursday from 9 am to 2:30 pm. They offer social activities, lectures, aquatics and wellness activities including cardio, strength and flexibility.

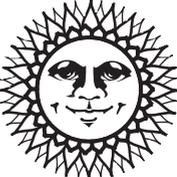


Somerset County Transportation Services

Transportation is provided for medical appointments, to senior centers and for grocery shopping. Appointments must be arranged well in advance by calling 908-231-7116.

Ridge Restaurant Special Offer

Ridge Restaurant at 25 South Finley Avenue offers a 10% discount for Ridge Oak residents during lunch (11 am - 2 pm) and dinner (5 pm - closing) every Monday & Tuesday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST		1 Sign-ups 9 BUS YMCA 9:45 BUS Bernardsville 5 DINNER Shrimp Egg Foo Yung	2 9:45 BUS Lyons 1 Balance V12 5 DINNER Reuben Panini 	3 9 BUS YMCA 9:45 BUS Bernards 10 Ecumenical Service 11 Balance V12 5 DINNER Ridge Pizza	4 9:45 BUS Stirling & Gillette 5 DINNER Turkey Gobbler Sandwich 	
6 Church BUS	7 9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Games 5 DINNER Beef Burrito	8 9 BUS YMCA 11:30 Music Beyond Borders 5 DINNER Eggplant Parmesan 	9 10 Bardy Farms 1 Balance V12 5 DINNER Hamburgers 7 Folk Dancing 	10 9 BUS YMCA 9:45 BUS Bernardsville 1 Sleep 5 DINNER Fried Chicken 	11 9:45 BUS Stirling & Gillette 11 Balance V12 1 Bingo 5 DINNER Stuffed Cabbage	12 2 Afternoon of Cards V12
13 Church BUS 	14 8:30 Mass 9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Games 1:30 Color My World 5 DINNER Cavatelli & Broccoli	15 9 BUS YMCA 9:45 BUS Bernardsville 1 Balance V12 5 DINNER Chicken Caesar	16 11 Walk, Shop, Lunch 5 BIRTHDAY DIN- NER Panko Tilapia 	17 9 BUS YMCA 9:45 BUS Bernardsville 12 Dogs for Dogs 5 DINNER Swedish Meatballs 	18 9:45 BUS Stirling & Gillette 11 Balance V12 1 Bingo 5 DINNER Crab Cakes 	19
20 Church BUS 2 Afternoon of Games	21 9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Games 5 DINNER Stuffed Peppers	22 9 BUS YMCA 9:45 BUS Bernardsville 1 Space Invaders 5 DINNER Plum Ginger Chicken	23 9:45 BUS New Providence 5 DINNER Spinach Stuffed Flounder 	24 9 BUS YMCA 9:45 BUS Bernardsville 11 Balance V12 1 Bingo 5 DINNER Beef Meatloaf w/ Gravy	25 11 Clinton Walmart & Cracker Barrel 5 DINNER Baked Manicotti 	26
27 Church BUS	28 9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Games 1 Healing Plants 5 DINNER Turkey Tetrazzini	29 9 BUS YMCA 9:45 BUS Bernardsville 1 Balance V12 5 DINNER Kielbasa w Apple Kraut	30 9:45 BUS Lyons 1 Name That Tune 5 DINNER Chicken & Cheese Quesadilla	31 9 BUS YMCA 9:45 BUS Bernardsville 1 Denville Dairy 5 DINNER Coconut Shrimp 	