

ACORNNS

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

908/221-0266

FAX: 908/221-0042

www.ridgeoak.org



The Holiday Season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us. - Terri Marshall

Winter Solstice

Every year the longest and shortest days are marked by a solstice when people celebrate the astronomical phenomenon by watching the sun rise.

Office Closing

The office will be closed for the holidays on Monday, December 25th, Tuesday, December 26th & Monday, January 1st.

Prepare to be Awed

On the night of Wednesday, December 13th, the geminid meteor shower will be visible in much of the world. Find a viewing point away from city lights and marvel at shooting stars glowing in color. Considered to be one of the best meteor showers of the year, it's easy to spot with the naked eye, no telescope or special glasses needed!

The winter solstice, on Thursday, December 21st, is the "shortest" day of the year and marks the start of the winter period.

This is because the tilt of the Earth's axis is least aligned with the sun, providing us with the least daylight of the year.

After December 21st, the nights will begin to get shorter as our planet rotates towards the sun.

Happy Hanukkah

Hanukkah begins at sundown on Tuesday, December 12th and ends the evening of Wednesday, December 20th. This festive holiday of lights commemorates the Jewish people's successful fight for religious freedom and their rebellion against the Greeks in the Maccabean War in 162 BC.



Weather Delays

Winter is here and with it the threat of bad weather. In case of inclement weather, before you leave the warmth of your apartment, please call the office to see if activities, meals or the bus have been delayed or cancelled. We will usually err on the side of safety and at least delay the start of activities if snow or ice is forecasted or falling. Call the office as early as 7:30 am on weekdays or on Sunday morning for the church bus, to find out about delays or cancellations.

Information will be left with the answering service.



How do I get Rid of Prescriptions?

As you have probably read and heard in the news, the opioid crisis is an epidemic. It has hit our own community very hard. Our own residents and staff have lost loved ones to drug addiction! Please don't think it can't happen to you. Drug addicts are not addicts by choice but when in the "throes" of their active disease they will steal any drug they can find to get high. We have medication disposal packets at the Ridge Oak office for you to safely dispose of prescription drugs without having to leave your apartment. Just call us and we will have one dropped off at your door. No questions asked.

BAZAAR Wrap

It would be impossible to have the Bazaar and to raise funds for three of the organizations that keep us living independently at Ridge Oak without the support of our residents! We thank our bakers, our knitters and crocheters, our raffle sellers, the residents who sorted, cleaned and set up the items for sale, the residents and their family members who shopped and the many residents who worked the Bazaar! Including the one day sale in June, Charter Day stuffed animal sales, the raffle and the 2 days of

the Bazaar the residents raised over \$17,000 to support local charities. In total, our best year ever!

Raffle Winners

We all cannot win, but it is especially nice when the raffle prizes are won by Ridge Oak residents! Congratulations to the winners of this year's Bazaar raffle.

Our collective thanks to those who bought and sold tickets!

Door Prizes

Many of our local businesses donated an item or service to the Bazaar as a Door Prize. When you are shopping, take a minute to thank them for their support:

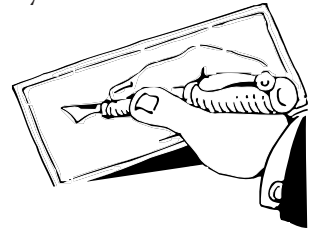
- Dorsi Pharmacy • Tull's Automotive
- Bernards Hardware • Red Oak Grill
- Washington House • Ridge Restaurant
- Kings of Bedminster • Perotti's
- Brush's Deli • Nailtopia • Soul Sisters
- Asian Delite • Figaro • Grain House
- Ridge Bagel • Stirling Diner • Profiles
- Phillips & Fredericks Jewelers
- New Providence Florist • Starbucks
- Bernards Automotive • Flowers on the Ridge • Great Swamp Nursery
- Bernardsville Shop Rite

We thank the residents who donated items for the Door Prizes.

Thank You Notes

Please take a minute to send a thank you to Liberty Corner Presbyterian Church (LCPC) for the wonderful turkey luncheon with all the trimmings that they provided and served on Thursday, November 16th:

Liberty Corner Presbyterian
Church
PO Box 55
45 Church Street
Liberty Corner,
New Jersey 07938



The Parable of the Pencil

Originally, graphite sticks were wrapped in string. Later, the graphite was inserted into hollowed-out wooden sticks and, thus, the wood-cased pencil was born! Nuremberg, Germany was the birthplace of the first mass-produced pencils in 1662.

The Pencil Maker took a single pencil aside just before putting him into the box. "There are five things you need to know before I send you out into the world. Always remember these things and never forget them and you will become the best pencil you can be."

"You will be able to do many great things but only if you allow yourself to be held in someone's hand."

“You will experience a painful sharpening from time to time but you will need it.”

“You will be able to correct any mistake you might make.”

“The most important part of you will always be what’s inside.”

“On every surface you are used on, you must leave your mark. No matter what the condition you must continue to write.”



Allow this parable to encourage you to know that you are a special person and only you can fulfill the purpose to which you were born to accomplish. Never allow yourself to get discouraged and think that your life is insignificant and cannot make a change.

Our Giving Tree

During this holiday season of giving, Ridge Oak will have a “Giving Tree” in Felmeth Hall RB Boye Community Room for the collection of mittens, scarves, hats and socks for the needy in the area. Please help to make someone’s holiday a little warmer by donating an item. Donations will be accepted through Thursday, December 14th.



If you have questions about donations, call Connie.

“Happiness doesn’t result from what we get, but from what we give.” - Ben Carson

Holiday Gratuities

Ridge Oak staff are prohibited from accepting tips from tenants. We know that many of you want to give something extra to the staff that serves you throughout the year so, we will set up boxes on the side table in Felmeth Hall for the month of December to drop off your gift. **CASH only (for this collection ONLY)** please. No checks. General note of thanks is always appreciated. No designated staff person should be noted for gifts as they are split between all members of the respective team. There will be separate boxes for the following:

Bus Drivers & Jonathan
Housekeepers – Gladys & Jaimata
Maintenance Team
Meal Delivery – Jeannie

Magical Happenings in December

Magic Shop, a full-service hair salon for men and women, on the lower level of Felmeth Hall is open on Fridays. Call our stylist Sabrina for an appointment 908-221-1222. Let Sabrina know if you



gets neglected. Spiritual wellness is about taking care of the “inner you” so you can have more meaningful and peaceful relationships with others. It is not just about going to church. Being in a peaceful place with others provides food for the soul. Join me Thursday, December 7th at 10 am for a special Episcopal service with Father Rick from St. Mark’s Episcopal Church. Residents of all faiths are welcome. Father Rick is a wonderful teacher and honestly (even though I am a “card carrying” Catholic) attending his service has helped me feed my spiritual self. Stay after to have a cup of coffee.

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.

Computer Room News

Russ Archer is available to provide computer room tutorials to interested residents. Dates are Tuesday, December 5th & 19th from 2:30 pm – 4 pm. Seats are limited and sign-up is required.

Please Note: the computer room will be CLOSED to other computer users during class times.



From the Executive Director
Bonnie

Have you ever felt spiritually depleted? The Christmas season, although joyful, can be tiring. Spiritual wellness often

Occupancy - *Christine, Patrice & Helen*

Social Security, SSI, Pension Income, Employment

Call the Occupancy Department immediately if you receive a letter from Social Security about an increase or decrease in your Supplemental Security Income (SSI). In addition, be sure to call us about any correspondence regarding an increase or decrease in your pension or if you get any employment or unemployment income.

You do NOT have to call us about your 2018 Social Security Benefit letter. Just keep that piece of paper for your annual recertification!

As per Ridge Oak House Rules, #15, “a resident must report a household composition or income change to management in a reasonable amount of time. Management deems reasonable notification as 30 days.”

As per the Lease, if your gross income increase is \$200 or more a month, an interim recertification will be processed and your rent will increase. If you do not report the income within 30-days, you will owe back rent.

From Social Services - *Elaine*

Hottest Tech Trends in 1776

A little more than 241 years ago, the “best” technology available was the printing press and the “best” social network required the use of “word of mouth” in Public Houses. But there were a bunch of entrepreneurs and a few start-ups that changed the world. In the 1770s, America was a relatively low tech, agrarian society, but all that was about to change.

Indoor Plumbing

The Toilet – The flushable toilet began to emerge in the late 18th century. Alexander Cummings of Scotland invented the S-trap in 1775, which we still use in our toilets today. Inventor Joseph Bramah improved on Cummings’ design by developing a float valve

system; Bramah’s model (first patented in 1778) was the “first practical flush toilet” and was used for another 100 years or so.



High Tech Major Appliances

The Kitchen Stove – The Franklin stove, a metal-lined fireplace designed by Benjamin Franklin, was all the rage! Its original purpose was to heat a home during especially brutal New England winters. But the Franklin stove revolutionized home cooking because it allowed families to cook over an open fire without dealing with the smoke that traditionally accompanied that process.

Electricity

The Lightning Rod – Another one of Franklin’s inventions from the same era would forever change the world of power and energy. In 1749, Franklin invented the lightning rod. His invention saved thousands of lives and millions of dollars’ worth of buildings. Back then, a lightning strike usually resulted in a fire.

Mechanical Motion

Steam Engines – While mankind has used boiling water to produce mechanical motion for thousands of years, the first steam engine wasn’t patented until

1606. In 1769, James Watt developed an improved engine to turn it into a valuable device for manufacturing and helping advance the Industrial Revolution.

There are some who believe that harnessing steam power was the single most impactful technological advancement in history—it allowed humans to multiply the power of their muscles by thousands of times.

Multitasking

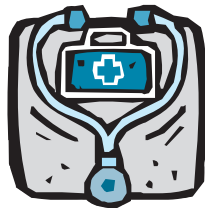
Revolving Bookstand – We think of multitasking as a recent trend, but at least one of our founding fathers, Thomas Jefferson, had a need to consume information from multiple sources at “breakneck” speed. According to the Monticello Classroom, “as many as five books could be placed on this bookstand, which was probably made at Monticello according to Jefferson’s design.

From Wellness Nurse

Karen Ellis RN

VNA of Somerset Hills

Karen will take blood pressures and discuss any health concerns with you on Thursday, December 7th at 11 am



in Felmeth Hall *RB Boye Community Room*. Residents are encouraged to take advantage of this opportunity. If you need to be seen at home, please call Karen at the office to schedule a visit.

Karen Ellis, RN is the Visiting Nurse Association (VNA) Wellness Nurse here at Ridge Oak. She is available on-site Tuesdays & Thursdays and can be reached by calling the Ridge Oak office. Contact her with questions you have about receiving VNA services at home. Services include nursing and therapies (Physical, Occupational and Speech) as well as medication and home health aide assistance.

If you are in the hospital and will need services on discharge, please remember to request the VNA of Somerset Hills.

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms are more intense. Colds are usually milder than the flu.

What are the symptoms of the flu?

Symptoms of the flu can begin suddenly and include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu and may come on more gradually.

How can you stay healthy this winter?

- Avoid close contact with sick people.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care. Your fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Get rest and follow a healthy diet.



When should you call the doctor?

If you have symptoms of flu/cold and are very sick or worried about your illness, contact your health care provider. Some

symptoms such as these listed below may be serious complications of flu-like illness and may warrant immediate attention by a health professional.

- Difficulty breathing/shortness of breath
- Pain or pressure in the chest/abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough

From Supportive Housing

For your safety, remember to leave your outside light on if you are receiving a meal delivery or walking home after your meal in Felmeth Hall.

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

MEAL NOTES FOR DECEMBER

All meals will be served in Felmeth Hall, *RB Boye Community Room*, unless otherwise noted.

Tuesday, December 5th – Join us at 5 pm for delicious Coconut Shrimp with Pineapple Rice.

Wednesday, December 6th – **BIRTHDAY DINNER** – Join us at 5 pm for Beef Brisket and Mashed Potatoes. Come help us wish all a Happy Birthday with a Black & White Cake with Chocolate Icing.

Monday, December 11th – LUNCH – Join us at 12 pm for a yummy Reuben Panini with Macaroni Salad.

Tuesday, December 12th – Hanukkah begins at sundown. At 5 pm, Asian Delite will serve Shrimp with Broccoli and White Rice along with their tasty Almond Cookies for dessert.

Monday, December 18th – Join us at 5 pm for Stuffed Peppers and Cauliflower Cheddar Bake.

Thursday, December 21st – LUNCH – Join us at 12 pm for Chicken & Cheese Quesadilla.

Monday & Tuesday, December 25th & 26th – NO MEALS – OFFICE CLOSED for the Christmas Holiday. Wishing all a Holly Jolly!

Wednesday, December 27th – A fan favorite – Panko Tilapia with Roasted Sweet Potatoes will be served at 5 pm.

Housekeeping

Why not book an appointment with our wonderful housekeepers? Call the office to find out your copay. If you call and we are full, you will be placed on a waitlist. 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 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.

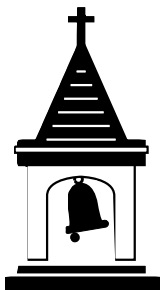
Maintenance staff is responsible for installing and testing units. If you want to sign up for this medical alert service, call Elaine at the office to process the paperwork. Units will be tested again on Thursday, January 25th. If you will not be home, please leave your pendant out so it can be tested. It is important that all units are working properly in case of an emergency.



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 am service at Basking Ridge Presbyterian Church Chapel
- 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

Saturday, December 2nd

Winter Market

Monday, December 4th

RHS A Capella Choir

Monday, December 4th

Coming of Christmas

Tuesday, December 5th

Hand Chime Open Practice

Wednesday, December 6th

Better Balance

Wednesday, December 6th

Festival of Trees

Thursday, December 7th
Gingerbread Wonderland

Friday, December 8th
Breakfast Bingo

Monday, December 11th
Evening of Music

Thursday, December 14th
Madison Library Concert
& Whole Foods

Monday, December 18th
Village Caroling

Tuesday, December 19th
Residents' Safety Meeting

Wednesday, December 20th
Holiday Fun

Thursday, December 21st
Walk, Shop & Lunch

Thursday, December 28th
Hunterdon Hills Playhouse

Winter Market

**Bishop Janes Homespun
Holiday Bazaar**

Our bus will leave at 12 noon on Saturday, December 2nd for Bishop Janes Winter Market. Our bus will return about 2 pm. Food will be served until 5 pm. From 2 pm to 4:30 pm



there will be Nutcracker ballet selections and other music offered in the sanctuary. The Bishop Janes Homespun Holiday Bazaar will be downstairs and many vendors will have sale tables on the first floor. Sign-up is required.

RHS A Cappella Choir

We are honored

to have the award
winning RHS

A Capella Choir led
by Barbara Retzko at
Ridge Oak on



Monday, December 4th at 10 am. What a beautiful way to start the season.

Coming of Christmas

Join the students from the Institute for Cultural Communicators as they celebrate the coming of Christmas with a couple presentations, a choral reading, and some carols. This will be Monday, December 4th at 3:45 pm in V12. The transporter will be available for rides and the program will be finished in time for dinner. Sign-up is required

Hand Chime 'Open' Practice

Tuesday, December 5th, we invite residents to stop by Village 12 at 11 am for our holiday music practice. We need people at our practice session before we go off-site.

Better Balance

Body, Brains and Balance

Starting Wednesday, December 6th, there will be a mini four-week balance program at 11 am in V12. Sign-up is required.

Festival of Trees

Wednesday, December 6th, the bus will leave at 1 pm for the Annual Festival of Trees at the Environmental Education Center in Basking Ridge. Ridge Oak has a decorated tree on display. Sign-up is required.

Gingerbread Wonderland

Thursday, December 7th, the bus will leave at 11 am for the Gingerbread House display at the Frelinghuysen Arboretum. Cost of admission is \$2 and you will pay at the door. After we walk through the display, we will stop at the Cedar Knolls Super Shop Rite. You will have time to lunch and shop. Sign-up is required.

In 1991, staff and Board Members of The Friends of The Frelinghuysen Arboretum thought that having a display of gingerbread houses



would bring guests to their lovely gardens at a usually quiet time of year. They were right. That first year, there were under a dozen exhibits and a few hundred guests. Recent shows have featured over 200 displays and attracted over 13,000 guests!

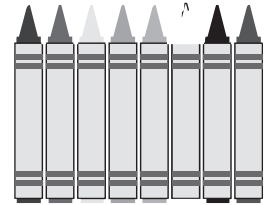
Breakfast Bingo

Friday, December 8th, the ladies from St. James will call a special Breakfast Bingo. They will provide a continental breakfast at 9:30 am, followed by Bingo at 10 am. Sign-up is required.

Color My World

Friday, December 8th, join us at 1 pm for Holiday

Coloring. Connie will have a supply of colored pencils



and pages available. If you have your own supplies, feel free to bring them. We will have a classic holiday movie playing. Sign-up is required.

Evening of Music

Monday, December 11th, the Notables will perform at 7 pm in Felmeth Hall RB Boye Community Room. The transporter will be available for rides. Sign-up is required.



Madison Library Concert & Whole Foods

Suburban Music Study Club

Thursday, December 14th, the bus will leave at 9:45 am for Madison Library for a concert sponsored by the Suburban Music Study Club. After the concert, we will stop by Whole Foods in Madison for shopping. Sign-up is required.

Village Caroling

Join us for some old-fashioned Christmas Caroling on Monday, December 18th. Leon will be our 'lead'. We will meet in Village 12 at 1 pm for a quick warm-up and then we will walk to several of the villages and Christmas Carol for some of our residents who cannot get out. If you cannot join us for caroling, how about baking some cookies for the carolers to hand out? Tell Connie if you can sing and/or bake. Sign-up is required.

Residents' Safety Meeting

Join us Tuesday, December 19th at 10 am to meet with Phil Solomon (our safety guru) and Karen Ellis, RN to talk about personal safety in your apartment and in the event of a medical emergency. What if someone falls? How can I help? Who should I call? Think through some scenarios with the experts. Door prizes will be on hand along with coffee and cake.



Holiday Fun

Wednesday, December 20th Ron Owens will be here at 1 pm for holiday music, trivia and fun. Prizes will be given to residents who are 'dressed' for the holidays! Sign-up is required.

Walk, Shop & Lunch

Thursday, December 21st, the bus will leave at 10:30 am for Livingston Mall. You will have time to walk, lunch and do some last-minute holiday shopping. Sign-up is required.

Hunterdon Hills Playhouse

Thursday, December 28th, the bus will leave at 10:45 am for Hunterdon Hills Playhouse. The show is the Rock n' Roll Christmas Party. The cost to our residents is \$35. This is a special reduced price for our residents and includes the show, table-served entrees, dessert buffet, coffee, tea, tax and gratuity. There are only 20 seats available! Sign-up is required.

Imagine John Lennon, Elvis, Beach Boys,



Jimmy Buffet, Bruce Springsteen and Paul McCartney all together at the same holiday party! The Mahoney Brothers latest impersonation act, Rock n' Roll Christmas Party, features these legendary acts and more! From Elvis Presley's "Blue Christmas" to Bruce Springsteen's "Santa Claus is Coming to Town," audience members will sing and dance in the aisles to the most memorable Christmas songs of the Rock n' Roll era.

Sign-up starting Friday, December 1st. Cost of the show and lunch is \$35. If you sign up and you cannot attend, you must cancel by 11 am on Friday, December 22nd or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this in January.

Cards Anyone?

Uno, Phase 10, Skip Bo? Saturday, December 9th at 12:30 pm join us for card games in Felmeth Hall *RB Boye Community Room*. This is a good time to share a favorite card game or learn a new one. Everyone is welcome.

Sunday Games

Join the fun on Sunday afternoon, December 17th at 2 pm in Felmeth Hall *RB Boye Community Room*. Everyone is invited.

ACORN Collators & Distributors

January ACORNS will be collated on Friday, December 29th at 9:30 am in Felmeth Hall *RB Boye Community Room*. Distributors can pick up their village after 10 am.

Wii Play

Open Wii Bowling will be on Monday, December 4th & 18th at 1 pm, in Felmeth Hall *RB Boye Community Room*.

Happy Hookers

Knitting & crocheting group meets in Felmeth Hall *RB Boye Community Room Annex*, starting at 10:30 am. The group is open to all levels and all types of hand crafts. The group will meet Monday, December 18th.

Games

Join your friends and neighbors for Scrabble, Tiles, and other card games at 1 pm in Felmeth Hall *RB Boye Community Room*, Monday December 4th & 18th. Start your own table of games, ask a friend to join you.

Bingo

Bingo will be played in Felmeth Hall *RB Boye Community Room*, on Friday, December 1st, 15th & 22nd at 1 pm.

Foot Care

Dr. Brown will be here December 2nd 9th. Dr. Geller's next visit will be Tuesday, December 12th. 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

Please Note that ALL RESIDENTS regardless of their faith are welcome to attend any religious service or activity held at Ridge Oak!

Mass

Monsignor Capik will say Roman Catholic Mass Monday, December 11th at 8:30 am in Felmeth Hall *RB Boye Community Room*. All faiths welcome!

Episcopal Service

Father Rick, of St Mark's Church, will hold an ecumenical service on Thursday, December 7th at 10 am. All faiths are welcome! Join us for coffee and a mini-muffin following the service.

Rosary

Rosary Prayer Group meets in Felmeth Hall *RB Boye Community Room Annex*, Thursday, December 7th, 14th & 28th

at 3 pm. Dates subject to change based upon the group's conscience. All faiths are welcome!

Bible Study

Bible Study meets at 10 am on Friday, December 1st, 15th, 22nd & 29th in Felmeth Hall *RB Boye Community Room Annex*. Dates subject to change based upon the group's conscience. If you have a bible, bring it with you as well as a pad and pencil to save your important notes. All faiths are welcome!

OUR EXPANDING WORLD

Activities outside Ridge Oak



Senior Luncheon

Senior Luncheon at Millington Baptist Friday, December 15th, 12 noon to 2 pm. The program is Songs of the Season. Potluck luncheon first, followed by the program. Bring a dish to share. For info, call the church at 908-647-0594.

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 questions or would like more information, call 908-204-3031.



- Knit & Crochet Circle: Tuesdays at 10 am; December 5, 19. Bring your current project and join others in sharing tips, techniques, and ideas. No registration required.
- From Jazz to Soul – Holiday Edition: Sunday, December 10; 2 pm. Live musical concert with Rhonda Denet and the SFS Trio. Registration requested.
- Cinema History – Short Films: Tuesday, December 12 at 7 pm. The Magic and Mystery of the Short. Presenter: Chris Messineo, NJ Film School. Registration requested.
- Serious Fun Tech Classes: Thursday, December 14; 10:30 am. Crack Open the Mystery of Podcasts. Registration requested.
- Just Add Color – Holiday coloring book event: Sunday, December 17; 1 pm.

Change to Make a Change

In October we put our big change jar in the Felmeth Hall lobby to collect money for hurricane relief. We are sending \$152 to Basking Ridge Presbyterian

Church for the Presbyterian Disaster Assistance Response Team which provides “boots on the ground” support and relief services to the victims of Hurricanes Harvey, Irma and Maria. Thanks for your generosity!

Notable Notes

A small group of residents shared their ‘knitting talents’ with the youth fellowship from Basking Ridge Presbyterian Church one evening. The group needed to learn how to knit so that they could donate scarves to the needy! A big thank you to our residents. You did good!!!!

Our Hand Chimers will perform at the Wellness Center Tuesday, December 12th. We are very proud of the residents who give their time to bring happiness to others.

Dorsi Deli Pharmacy

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

CVS Pharmacy

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

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.

Somerset Hills YMCA








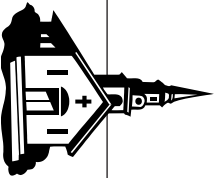








Ridge Oak residents can join the Y for just \$5 a month! Payment in full of \$60 for the full year is required when you join. If interested, call the Ridge Oak office for an application. If you have questions about membership, call Suzanne Fischl at 908-766-7898 x 505. For financial assistance, contact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

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.

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Church BUS Happy New Year</p> <p>31</p>	<p>Merry Christmas Office Closed</p>  <p>25</p>	<p>Office Closed</p> <p>26</p>	<p>9:45 BUS Bernardsville Better Balance V12 DINNER Panko Tilapia</p>  <p>27</p>	<p>9 BUS YMCA HunTERdon Hills Playhouse 10:45 Rosary DINNER Chicken Marsala</p>  <p>28</p>	<p>9:45 BUS Stirling & Gillette Bible Study DINNER Pasta Bolognese</p>  <p>29</p>	<p>30</p>  <p>23</p>
<p>Church BUS</p> <p>10</p>	<p>8:30 Mass 9:45 BUS Stirling & Gillette</p> <p>11</p>	<p>Hanukkah Starts at Sundown 9 BUS YMCA 9:45 BUS Bernardsville DINNER Asian Delite Shrimp & Broccoli</p> <p>12</p>	<p>9:45 BUS New Providence Better Balance V12 DINNER Chicken Pot Pie</p>  <p>13</p>	<p>9:45 Madison Library Concert & Whole Foods 3 Rosary DINNER Beef Meatloaf</p>  <p>14</p>	<p>9:45 BUS Stirling & Gillette Bible Study 10 Bible Study 1 Bingo DINNER Stuffed Cabbage</p> <p>15</p>	<p>16</p>
 <p>Church BUS 2 Sunday Games</p> <p>17</p>	<p>9:45 BUS Stirling & Gillette 10:30 Happy Hookers Games & Wii Play 1 Village Caroling V12 5 DINNER Stuffed Peppers</p> <p>18</p>	<p>10 Residents Safety Meeting 11:30 BUS Bernardsville DINNER Kielbasa w Apple Kraut</p> <p>19</p>	<p>9:45 BUS Lyons Better Balance V12 1 Holiday Fun 5 DINNER Eggplant Parmesan</p>  <p>20</p>	<p>9 BUS YMCA Walk, Lunch and Shop 10:30 12 LUNCH Chicken & Cheese Quesadilla</p> <p>21</p>	<p>9:45 Bus Stirling & Gillette Bible Study 10 Bible Study 1 Bingo 5 DINNER Spinach Stuffed Flounder</p> <p>22</p>	<p>23</p>
<p>Church BUS</p> <p>3</p>	<p>10 RHS Choir 12 BUS Stirling & Gillette 1 Games & Wii Play 3:45 Coming of Christmas V12 5 DINNER Stuffed Shells & Meatballs</p> <p>4</p>	<p>9 BUS YMCA 9:45 BUS Bernardsville 11 Hand Chime Open Practice V12 5 DINNER Coconut Shrimp</p>  <p>5</p>	<p>9:45 BUS Lyons Better Balance V12 1 Festival of Trees 5 Birthday DINNER Beef Brisket</p>  <p>6</p>	<p>9 BUS YMCA Episcopal Service 10 Blood Pressure 11 Gingerbread Wonderland 3 Rosary DINNER Chicken Caesar</p> <p>7</p>	<p>9:45 BUS Stirling & Gillette 10 Bible Study 1 Bingo 5 Dinner Baked Manicotti w sausage</p> <p>1</p>	<p>12 Winter Market</p> <p>2</p>
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