

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

Office Closing

The office will be closed Tuesday, January 1st. Have a happy, healthy and fun filled-New Year.

Rent Alert

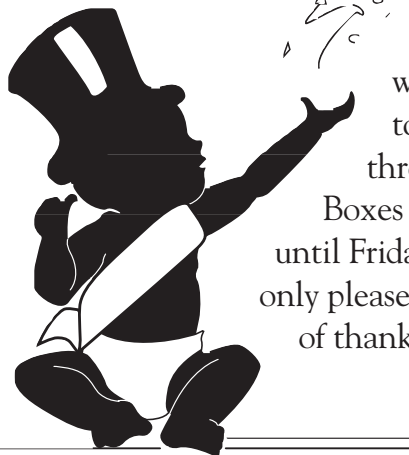
Your rent is due the 1st of the month. If we receive your rent after the 6th of the month it is considered late. We are taking a very **AGGRESSIVE** position on late rent payments starting in January. After 2 late rent payments you will receive a lease violation “notice to cease” and if your rent is late 2 additional times after that notice, you will be given an eviction notice. We are serious! Late rents cost Ridge Oak unnecessary time and

money. You must honor the terms of your lease and we must collect your rent per the federal rules. To avoid ever being late paying your rent, call Helen at the Ridge Oak office to sign up for direct debit of rent.

Last Chance for Holiday Gift Boxes



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. Gift Boxes will be in Felmeth Hall until Friday, January 4th. **CASH** only please. No checks. General note of thanks is always appreciated.



Separate boxes for:

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



Cleaning Tidbits



For vinyl plank floors and kitchen floors, sweep or vacuum dust and debris and damp mop with a **NEUTRAL** floor cleaner. Some suggested product brand names; Mop & Glo Multi-Surface Floor Cleaner, Zep, Bona or Stainmaster Multi-Surface Floor Cleaner. Do not use

bleach or abrasives on the new floor.

If you have a granite countertop, clean with mild soapy water on a cloth. No Windex, ammonia, bleach, vinegar or citrus products should ever be used!

In a studio apartment with a room divider, **DO NOT** use any abrasive or Windex type cleaner on the glass. Just dust with a clean microfiber cloth.

For shower stalls, never use an abrasive cleaner like comet or ajax. Clean any stubborn mold or mildew with a Magic Eraser and baking soda.

Weather Delays

“Snowflakes are one of nature’s most fragile things but look what they can do when they stick together!”

Listen to voice message warnings and call the office as early as 7:30 am to find out about church bus, shopping, meal or activity cancellations. Information will be left with the answering service.

No Phone Use

Do not use phones during meals, activities or while in Felmeth Hall lobby/common areas. It is rude and distracting to other residents. When you and a tablemate are having a “giggle” looking at something on your phone, it makes others feel left out and uncomfortable. Your cooperation is appreciated.

Miss Steppers

Our very own Miss Steppers performed at several care centers in November. On Thursday, January 24th at 11:45 am they will perform two numbers for your enjoyment before lunch. Bonnie Hawkins will be joining them for a special song. Come early for lunch or just come to support our dancers.



Chess Anyone?

Do you play chess? We have a new resident who is looking for a chess partner. Give Connie a call if you are interested.

If You're Going to Whine, Jot a Line

If you have a complaint about a neighbor or any possible lease violation you **MUST** put it in writing to our office. An e-mail is fine. Specific, dates, times and photos would be best. We will no longer take calls to listen to verbal reports of this nature. If you want to "vent" go visit a friend. If we end up in front of a judge or defending our management actions to a government entity we **MUST** have it in writing.

Hot Beds of Negative Chatter

When sitting in a lobby, laundry room, on a bus, in a group event or in the company of other residents and guests, think about what you are saying, and who is hearing you. Skip the gossip, criticism and complaints or it will turn on you. Remember we live by the rules of the Fair Housing Act. No one should ever be hearing or sensing any discriminatory commentary, language or behavior.

If you want to spew negative commentary don't do it in a public place. Any Fair Housing Act violation is a lease violation.

2019 Tax Preparation

Once again, the VITA team (Volunteer Income Tax Assistance) from Bernards Township Library will schedule appointments at Ridge Oak to help residents who need to file 2018 Income Tax. Save the date: Friday March 8th.

Rabies Clinic

Bernards Township Health Department will provide a Free Rabies Clinic for dogs and cats. It will be held Saturday, January 12, 2019 from 10 am to Noon at Bernards Township Public Works Garage, 277 South Maple Avenue, Basking Ridge.



National Wear Red Day

American Heart Association encourages people to wear red on Friday, February 1st to show support for women who have been affected by cardiovascular disease.

Student Assistant

Our student translator, Danielle, who speaks Mandarin, will be in the office on Tuesdays & Thursdays from 3:30 pm until 5 pm for residents who would like to ask a question (in Mandarin) about an activity or meal or would like to discuss a specific concern with a Ridge Oak staff member. Please stop by the Ridge Oak office to see Danielle.

Magical Happenings

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



Computer Room Classes

Try something

new in the New Year...sign up for computer class with Russ. Learn



something new or brush up on what you know. Learn how easy it is to connect to family via the computer or to play games on the computer in winter when you are stuck inside.

Russ Archer will have computer classes Tuesday, January 8th & 15th, 2:30 pm – 4 pm. Sign-up is required. The computer room will be CLOSED to other computer users during class times.

From the Executive Director
Bonnie

Starting January 2nd Elaine Kilcullen will be working 3 days per week supplemented by Karen Ellis 2 days per week to provide you with full time, seamless, top notch social services information and referral services.

Also, as most of you know, Gladys Serna retired on December 31st. Our new full-time housekeeper is Natalia Torres. Please welcome Natalia to our team!

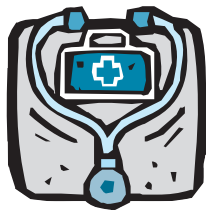
Occupancy - *Christine,
Patrice & Helen*

Security Deposit – In mid-January of 2019, you will receive a check from Peapack Gladstone Bank that is the interest earned on your security deposit for the year 2018. PLEASE CASH the check no matter how small it is! The current interest rate is .05%.

Security Deposits are held by:
Peapack-Gladstone Bank
500 Hills Drive, STE 300
PO Box 700
Bedminster, NJ 07921

From Wellness Nurse
Gail Bechtold RN
VNA of Somerset Hills

Gail Bechtold is the Visiting Nurse Association (VNA) Wellness Nurse here at Ridge Oak. Gail is available on-site Tuesdays & Thursdays and can be reached by calling the Ridge Oak office.



Gail will take blood pressures and discuss any health concerns with you Thursday, January 31st at 12:30 pm in Felmeth Hall RB *Boye Community Room*.

From Supportive Housing
Corey

As of February 1, 2019 we will no longer provide containers or bags for you to take away leftovers when you come to dinner. This is part of a site-wide initiative to be more environmentally conscious and lessen our “footprint”. Please bring a container and tote from home. Thanks!

Please remember that meal orders or cancellations for the following day need to be called in by 11 am the day before or you will be charged.

Meal Highlights for January

Monday, January 7 – Come in and warm up! Beef Chili will be served with Sour Cream, Cheddar Cheese & Corn Muffins.
Tuesday, January 15 – Come celebrate January birthdays! We will serve Roasted Turkey, Stuffing, Cranberry Sauce, Carrot Soufflé and Birthday Cake.
Thursday, January 24 – Winter cookout! Corey will cook Hot Dogs on the grill for lunch. Sauerkraut, Potato Salad, Baked Beans and Cookies will also be served.

Housekeeping

Please give a warm welcome to Natalia, our new housekeeper. If you’re interested in finding out more about our house-keeping services, call the office and speak to Corey.

Care Fund

Care Fund subsidizes meals, personal care, Adult Day Care Services, and Persys Medical Alert Systems. Many thanks to the people who have made recent donations to the Care Fund.



Church Bus Schedule

Sunday bus driver, Chris, makes several runs on Sunday mornings to 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

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.



MARK YOUR CALENDAR

for Ridge Oak Activities

Tuesdays & Fridays - Better Balance

Tuesday, January 2nd

Mobile Dental Van

Thursday, January 3rd

Traditions of the Season

Friday, January 4th - Yankee Swap

Wednesday, January 9th

Wheel of Fortune

Thursday, January 10th

Madison Concert & Whole Foods

Wednesday, January 16th

Dessert & Bingo

Friday, January 18th

An Afternoon of Puzzles

Wednesday, January 23rd

Walk, Shop & Lunch

Wednesday, January 30th

The Little Black Dress & Lunch

Friday, February 1st - This Old Hat

Better Balance

Stability & Mobility

Classes are held 2x a week, Tuesdays & Fridays in V12. Check your calendar for days and times. When we are young, we

take staying upright for granted. We really did not worry about falling. Over the years, things change. The body systems that detect gravity, identify exact body positioning and promote balance and stability become less effective. These changes occur alongside losses in muscle strength and mobility.

Balance classes include exercises for strength, flexibility, coordination and range of motion. “Controlled Instability.” The more one sits the weaker and frailer one becomes. Fight to stay strong on your feet!

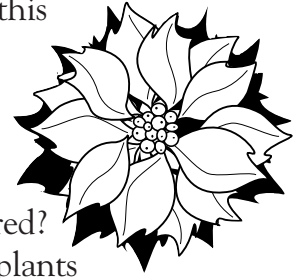
Mobile Dental Van

The mobile dental van will be back on Wednesday, January 2nd at 9 am. All appointments have already been filled for that date. For those of you still waiting, you will be contacted by Fergie (the staff person from Zufall Health) or the Ridge Oak office staff once additional dates are booked for the van to be here. Don't give up! They will get to you. If you have questions, contact the Ridge Oak office. Thanks for making their first visit on December 14th such a HUGE success!



Traditions of the Season

When you think of this time of year, what smells, and colors come to mind? Pine, gingerbread cookies, mulled cider, green, red?



These are related to plants that have been used in our winter celebrations for over 2,000 years within different cultures. Join us as we explore the important role plants have played in these traditions. Thursday, January 3rd at 2 pm one of our favorite presenters, from the Royal Botanical Gardens of Canada, presents Traditions of the Season.

Sign-up is required. The cost of the program is \$3. Sign up starting Wednesday, January 2nd. If you sign up and cannot attend, then you must cancel by 11 am on Thursday, January 3rd, or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in February.

Yankee Swap

Did you receive a present that you do not like, cannot use or just don't want? Wrap it or bag it and bring it to the Yankee Swap on Friday, January 4th at 1 pm. We cannot guarantee that you will leave with something better, but you will have fun! Sign-up is required.

Wheel of Fortune

Wednesday, January 9th, join us for the game *Wheel of Fortune* at 1 pm. Join Pat Sajak and Vanna White (on the big screen) as you guess letters to solve puzzles in a wide range of categories. Become a contestant on America's favorite game show in Felmeth Hall. The first show aired on TV on January 6th, 1975! Sign-up is required.

Madison Concert & Whole Foods

Suburban Music Study Club

Thursday, January 10th, 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 and lunch. Sign-up is required.

Dessert & Bingo

The young people from Basking Ridge Presbyterian Church will be here for an evening of Desserts & Bingo at 6 pm on Wednesday, January 16th. Transporter will be available. Sign-up is required.

An Afternoon of Puzzles

National Puzzle Day is celebrated in January. This day recognizes the creators of puzzles and games. Join us Friday, January 18th at 1 pm. Sign-up required.

Walk, Shop & Lunch

During the winter months, we take our walking indoors to local malls. On Wednesday, January 23rd, the bus will leave at 11 am for Livingston Mall. You will have time to shop, lunch and walk. Sign-up is required.



The Little Black Dress & Lunch

Morris County Historical Society's exhibit, *Iconic Culture: From Little Black Dress to Bell Bottoms* promises to be a stroll down memory lane. Wednesday, January 30th, the bus will leave at 10 am for Acorn Hall. The cost for the museum is \$5. Bring some money with you to stop for lunch after the tour.

Sign up starting Wednesday, January 2nd. The program cost is \$5. If you sign up and cannot attend, then you must cancel by 11 am on Monday, January 14th or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in February.

This Old Hat



**Sign up
starting on
January
2nd!**

Friday,
February 1st
we will show
the program
This Old

Hat, American Heroines at 2 pm.
Women of American history, musical
style! A living history presentation
unlike any other. Sign-up is required.
Sign up starting Wednesday, January
2nd. The program cost is \$3. If you sign
up and cannot attend, then you must
cancel by 11 am on Thursday, January
31st, or you will be billed for your spot.
No refunds will be issued for no-shows.
You will be billed for this activity in
March.

Games Anyone?

**Dominoes/Mexican Train,
Tiles, Phase 10?**

Cards and games gathering will now be
twice a month as our hall availability
permits! This month you will have the
opportunity to play on Saturday, January
12th & 26th at 12:30 pm. Stop by and
join your friends or meet someone new.

ACORN Collators & Distributors

Thursday, January 31st, February Acorns
will be ready for collating at 9:30 am.
Distributors can pick up their village
after 10 am.

Happy Hookers

Knitting & crocheting group meets in
Felmeth Hall *RB Boye Community Room*
Annex, at 10:30 am Monday, January
7th, 14th, 21st & 28th. If you would like
to learn how to knit or crochet or to
refresh your skills, stop by the group on
any Monday. Open to all crafters.

Games & Wii Practice

Scrabble, Tiles, card games and Wii
Practice will be at 1 pm in Felmeth Hall
RB Boye Community Room, on Monday,
January 7th, 14th, 21st & 28th.

Bingo

Friday, January 11th & 25th Bingo will
be played at 1 pm in Felmeth Hall *RB
Boye Community Room*.

Foot Care

Dr. Brown will visit in February.
Dr. Geller's next visit is Tuesday,
February 12th. Call his office
directly at 908-281-9002 to
schedule a visit. Call the Ridge



Oak office for a visit by Dr. Brown.
We do not endorse either physician, nor do we resolve or mediate billing and/or payment issues.

For Your Spiritual Wellness

ALL RESIDENTS are welcome to attend any religious service or activity held at Ridge Oak!

Catholic Mass

A member of St. James Catholic Church clergy will be here to celebrate Roman Catholic Mass on Tuesday, January 22nd at 9 am in Felmeth Hall. All faiths are welcome! Call the day before for a ride if you need one.

Episcopal Service

Father Rick Morley, of St Mark's Episcopal Church, will hold a service Thursday, January 10th at 10 am. Call that morning if you need a ride.

Rosary

Rosary Prayer Group meets in Felmeth Hall Thursdays at 3 pm. Dates subject to change based upon group's conscience. All faiths are welcome!

Bible Study

Bible Study meets at 10 am Fridays in Felmeth Hall. 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 for notes.

OUR EXPANDING WORLD



Activities outside Ridge Oak

The Library Corner

Bernards Township Library on Maple Avenue offers many programs and a great book collection. The library has books and magazines written in Chinese. They can also order books in other languages from Morristown. Call 908-204-3031 ext. 116 to register for a program. Some of the programs this month:

Wednesday, January 9th - Bears of Alaska Photo Lecture 7 pm – 8 pm

Monday, January 14th - A Clutter Free New Year with Jamie Novak 7 pm – 8 pm

Monday, January 28th - (lesser known)

Heroes of the American Revolution
7 pm – 8 pm



Senior Luncheon

Millington Baptist Church's Senior Pot Luck Luncheon January 18th from 12 noon to 2 pm. Bring your favorite dish to share. Call church office at 647-0594.

Notable Notes

Special thanks to residents who put on Santa Hats and Reindeer Antlers to walk the villages Christmas caroling to our residents. A wonderful way to share the holiday spirit with others.

Pasta Night

Every Wednesday is half price pasta at Ridge Restaurant. Stop by with a friend or neighbor and enjoy!

FREE Medical Equipment

Available through Pluckemin Presbyterian Church Medical Equipment Ministry. 908-396-6057. Saturdays 10 am - noon.

Urgent Care

Astrahealth Centers has an Urgent Care Center at Lyons Mall. For information, call 908-760-8888.

Dorsi Deli Pharmacy

Dorsi Pharmacy, in Stirling, delivers prescriptions and light groceries six days a week. Call 908-647-7878 to arrange for a delivery.

CVS Pharmacy

CVS Pharmacy, 107 Morristown Road in Bernardsville, offers free delivery Tuesdays & Fridays. 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 year is required when you join.



If interested, call the Ridge Oak office for an application. For questions about membership, call Suzanne Fischl at 908-766-7898 x 505. For financial assistance, contact Beatriz at 908-766-7898 x 346. Active Older Adults Program at the Y meets in Gagnon Teen/Community Center on the lower level Tuesdays & Thursdays from 9 am to 2:30 pm.

Super Cuts

Super Cuts of Bernardsville gives a 10% senior discount.

Sunday

Tuesday

Wednesday

Thursday

Friday

Saturday

JANUARY MEALS

6

Crunchy Vegetable Salad
Beef Chili
Sour Cream/Cheddar Cheese
Corn Muffins
Chocolate Pudding

8

Pickled Beets
Pork Chop
w/ Herbed Stuffing
Grilled Asparagus
Rye Bread
Lemon Cookies 

9

Lobster Bisque
Stuffed Flounder
Rice Pilaf
Balsamic Glazed Brussel Sprouts
Apple Pie 

10


ASIAN DELIGHT
Egg Drop Soup
General Tso's Chicken
Vegetables & Rice
Crunchy Noodles
Almond Cookies 

11

Tossed Salad
Meat Lasagna
Garlic Knots
Mini Pastry Platter 

12

13

Manhattan Clam Chowder
Coconut Shrimp
Rice Pilaf w/ Mixed Vegetables
Key Lime Pie 

15

BIRTHDAY DINNER
Tri Color Salad
Roasted Turkey
Herb Stuffing
Carrot Soufflé
Cranberry Sauce
Birthday Cake

16

LUNCH
Chicken Noodle Soup
Bacon Cheddar Quiche
Vegetable Salad
Chocolate Chip Cookies

17

Vegetable Bisque
Beef Meatloaf
Gravy
Mashed Potatoes
Steamed Carrots
Strawberry Shortcake 

18

Caesar Salad
Chicken Parmesan
Pasta w/ Marinara Sauce
Italian Bread
Very Berry Pie 

19

20

Signature Slaw
Sausage & Peppers
Portuguese Rolls
Carrot Cake 

22

Roasted Potato Soup
Grilled Salmon
Creamed Spinach
Basmati Rice
Cheesecake 

23

Tossed Salad
Eggplant Parmesan
Italian Bread
Blueberry Pie 

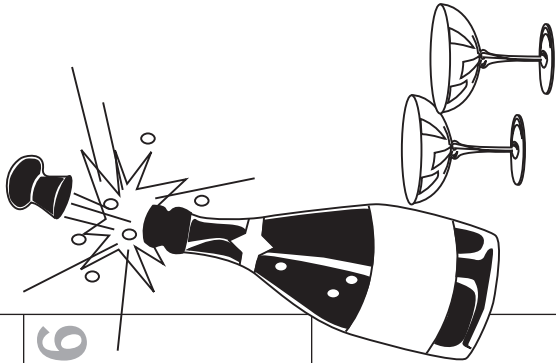
24

LUNCH
Potato Salad
Beef Hot Dogs
on the Grill
Sauerkraut
Baked Beans
Whoopie Pies 

25

Minestrone Soup
Grilled Chicken Caesar
Seasonal Vegetables
Rye Bread
Rice Pudding

26



27

Creamy Cole Slaw
Pulled Pork Sliders
Sweet Potato Fries
Pickles
Brownies & Ice Cream

29


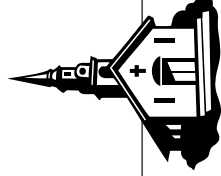

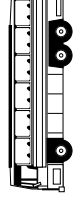





Cucumber, Tomato Salad
Plum Ginger Chicken
Potato Leek Torte
Roasted Brussel Sprouts
Red Velvet Cake

30

French Onion Soup
Crab Cakes
Sautéed Peas w/ Mushrooms
Dinner Rolls
Chocolate Cream Pie 

31

Goat Cheese & Greens Salad
Beef Stew
Egg Noodles
Black & White Cookies 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Church BUS</p> <p>6</p>	<p>9:45 BUS Stirling & Gillette</p> <p>10:30 Happy Hookers</p> <p>1 Wii/Games</p> <p>7</p>	<p>Office Closed</p> <p>HAPPY NEW YEAR</p> <p>1</p> 	<p>Sign ups</p> <p>9 Mobile Dental Van</p> <p>9:45 BUS Lyons</p> <p>2</p>	<p>9 BUS YMCA</p> <p>9:45 BUS Bernardsville</p> <p>2 Traditions of the Season</p> <p>3 Rosary</p> <p>3</p>	<p>9:45 BUS Stirling & Gillette</p> <p>10 Bible Study</p> <p>1 Yankee Swap</p> <p>4</p>	<p>5</p>
<p>Church BUS</p> <p>13</p>  <p>Church BUS</p> <p>20</p>	<p>9:45 BUS Stirling & Gillette</p> <p>10:30 Happy Hookers</p> <p>1 Wii/Games</p> <p>14</p>	<p>9 BUS YMCA</p> <p>9:45 BUS Bernardsville</p> <p>1 Balance V12</p> <p>15</p>	<p>9:45 BUS New Providence</p> <p>1 Wheel of Fortune</p>  <p>16</p>	<p>9 BUS YMCA</p> <p>9:45 BUS Bernardsville</p> <p>3 Rosary</p>  <p>17</p>	<p>9:45 BUS Stirling & Gillette</p> <p>10 Bible Study</p> <p>11 Balance V12</p> <p>1 Bingo</p> <p>18</p>	<p>19</p>
<p>Church BUS</p> <p>27</p>	<p>9:45 BUS Stirling & Gillette</p> <p>10:30 Happy Hookers</p> <p>1 Wii/Games</p> <p>21</p>	<p>9 Mass</p> <p>9 BUS YMCA</p> <p>9:45 BUS Bernardsville</p> <p>1 Balance V12</p> <p>22</p>	<p>11 Walk, Shop & Lunch</p>  <p>23</p>	<p>9 BUS YMCA</p> <p>9:45 BUS Bernardsville</p> <p>11:45 Miss Steppers</p> <p>3 Rosary</p> <p>24</p>	<p>9:45 BUS Stirling & Gillette</p> <p>10 Bible Study</p> <p>11 Balance V12</p> <p>1 Bingo</p> <p>25</p>	<p>26</p>
<p>Church BUS</p> <p>27</p>	<p>9:45 BUS Stirling & Gillette</p> <p>10:30 Happy Hookers</p> <p>1 Wii/Games</p> <p>28</p>	<p>9 BUS YMCA</p> <p>9:45 BUS Bernardsville</p> <p>1 Balance V12</p> <p>29</p> 	<p>10 Little Black Dress & Lunch</p>  <p>30</p>	<p>9 BUS YMCA</p> <p>9:45 BUS Bernardsville</p> <p>12:30 Blood Pressure</p> <p>1 Movie Matinee</p> <p>3 Rosary</p> <p>31</p>	<p>9:45 BUS Stirling & Gillette</p> <p>10 Bible Study</p> <p>11 Balance V12</p> <p>1 Bingo</p> <p>25</p>	<p>12:30 Games Anyone?</p> <p>26</p>
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