

# ACORNNS

VOLUME 40, ISSUE 6 JUNE 2017

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*“What good is the warmth of summer  
without the cold of winter to give it  
sweetness.”* John Steinbeck

Summer begins June 21st

## Basement Blow Out Sale

**We will have** a one day sale Friday, June 2nd from 9 am - 3 pm, BASEMENT ONLY. There's lots of “stuff” to sell at great prices. Bring your family and friends!

## Not a Parking Lot

**We have** very limited parking along the curb for family members and visitors. Ridge Oak is private property. Your family and friends cannot park their cars on our property (unless they are visiting) while they go on vacation or for their convenience. This is a House Rule violation. Cars that are left on-site that are not registered with our office (as a

tenant vehicle) risk being towed at the owner's expense. Staff actively monitors vehicle activity on the property.

## Flag Day

**June 14, 1777**, John Adams introduced the following resolution to the Continental Congress: “Resolved, that the flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the union be thirteen stars, while on a blue field, representing a new constellation.” George Washington later said, “We take the stars from Heaven, the red from our mother country, separating it by white stripes thus showing that we have separated from her, and the white stripes shall go down to prosperity representing Liberty.”



**Veterans** of Foreign Wars say that the red stripes on the flag stand for courage, heroism and sacrifices of men and women who have fought for our country and its freedoms, white stripes stand for purity of our high ideals and the blue canton stands for the strength and unity of all states which are represented by the stars.

## Plants

**Residents** are reminded NOT to plant perennials or shrubs in the ground. Furthermore, vegetables and fruit plants in the ground or in pots are prohibited except in raised beds behind the barn.



## BRPC 300th Anniversary Parade

**Saturday**, June 10th Basking Ridge Presbyterian Church (BRPC) will celebrate its 300th anniversary. There will be a parade in downtown Basking Ridge starting at 2 pm to celebrate. Ridge Oak will participate in the parade! We will join the parade at St. James and walk downhill to the center of town.

**You can be part of this special event:** Thursday, June 8th, Parade Prep meeting for marchers in Felmeth Hall at 12 noon. You will be given your parade wear and instructions on meeting times. Saturday, June 10th at 12:30 pm, residents who

want to view the parade will board the Ridge Oak bus to go to the center of town. We will provide chairs; you need to dress for the weather and bring a bottle of water. At 1 pm parade marchers will board the Ridge Oak bus to go to St. James. Dress for the weather and wear comfortable walking shoes.

## Before or After

- 12:30 pm Cemetery Tours with Re-Enactors
- History of the Church through Art & Artifacts in the Church House
- Celebration Quilt in Westminster Hall, created by the Oak Tree Quilters

## Primary Election Day

**NJ Primary** Election will be Tuesday, June 6th. Your POLLING Place is Felmeth Hall. The transporter will be available for rides between 1 pm and 2 pm only. Plan accordingly.



## Raffle Tickets

**We will** have a table at the One Day Basement Sale from 9 am -3 pm on June 2nd and on Primary Election Day, June 6th from 7 am -7 pm to sell raffle tickets. If you would like to sell raffle tickets for 2 hours on either day, by yourself or with a friend, please tell Connie.

## Computer Room News

**Russ Archer** is available to provide computer room tutorials to interested residents



Tuesday, June 2nd & 16th from 2:30 pm – 4 pm. Seats are limited and sign-up is required. The computer room will be CLOSED to other computer users during class times.

## The Magic Shop

**Due to** the Basement Sale on Friday, June 2nd the Magic Shop will be open on Thursday, June 1st.

**Magic Shop**, a full-service hair salon for men and women, is open on Fridays.

Call 908-221-1222 for an appointment to have your hair done with our stylist, Sabrina. Tell her 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.



## GoGoGrandparent

**Affordable** senior transportation. Helping tens of thousands of grandparents get to a 4th of July party.

- Available in all 50 states and Canada!
- Pickups within 15 minutes.
- Text alerts for families.
- 24/7 monitored trips.

## HOW IT WORKS

**GoGoGrandparent** turns on-demand transportation companies like Uber into services that help families take better care of older adults.

Step 1: CALL 1 (855) 464-6872 and wait to hear “thanks for calling GoGoGrandparent”

Step 2: PRESS 1 for a car to your home  
PRESS 2 for a car to where we dropped you off last

PRESS 3, 4 or 5 for a car to a custom pick-up location

PRESS 0 to speak with an operator

- Set up automatic rides for fixed medical appointments
- 24/7 Operators – Speak to an operator any minute of the year

The full details are here:

<https://gogograndparent.com/>

## Beware of Scams

**Facebook** Marketplace, where individual sellers seek to find buyers for their wares, has also become a hunting ground for scammers. Common practices of the scammers: Offering to pay more than the advertised price, with the stipulation that a refund of overpayment be wired;

asking the seller to ship to a far-away place, often in another country; offering to pay by gift card, money cards or money transfer service. In such cases, the scammer could end up with the merchandise, plus some of your cash, while you end up with a bounced check or failed payment. Stick with verified payment systems, such as PayPal, to avoid getting ripped off.

**\$75 Bed Bath & Beyond coupon!** – If you run into a \$75 coupon for Bed Bath & Beyond on Facebook or another social media, stay away. It's a scam. Clicking on



the link sends you to a fake Bed Bath & Beyond website, which then asks you fill out a survey. Bogus surveys can

be used to steal your personal information. Similar coupon scams feature Lowe's, Home Depot, Target, IKEA. The simple advice for those tempted to click on the ad? Don't do it.

From the Executive Director  
*Bonnie*

**Thanks** to all our residents who came out for the Fire Safety program on May 23rd. It was a good refresher for the residents and staff. Some of you asked about the flashlights that were raffle prizes. We gave away a GE Rechargeable

LED Flashlight and Power Failure Night Light. The cost on Amazon is \$9.96. It is a perfect item for any resident or a gift for a loved one.



**A neighbor** of mine recently had a fire in her condo. No one was hurt, but her home was destroyed by the fire. This was a reminder to me about simple fire safety tips:

- In case of fire, grab your cell phone, leave your home, close the door behind you and call 911 immediately.
- If you hear an alarm sounding (regardless of where you think it might be coming from) call 911 immediately. Do not assume someone else will call. The more details of an alarm given to a 911 dispatcher the better!!
- Keep a bowl of salt or baking soda next to your stovetop to douse a grease fire.
- Have a pet carrier nearby (especially for a cat) in case of a fire to get your animal out safely.
- In case of an oven fire, turn off the oven, keep the oven door closed, get out, close the apartment door behind you and call 911.
- Do not store anything in your oven or on your stove top. Keep paper away from the stove top.
- Clean the lint filter of the clothes dryer after every use!
- Never burn candles in your home.

## Occupancy - *Christine, Patrice & Helen*

**V12, 1A & 9A Residents Only** By now you should have received your rent increase letter (due to a utility allowance change) as well as the white copy of the Owner's Certification of Compliance with HUD's Tenant Eligibility and Rent Procedures. You were instructed to sign, date and return the white copy to the Ridge Oak office as soon as possible. The lavender copy is for you to keep. We thank all of you who have already returned the white copy of the Owner's Certification of Compliance with HUD's Tenant Eligibility and Rent Procedures.

**If you have** questions about the utility allowance process and how it impacts your rent, call the office. We appreciate your cooperation as we manage this HUD utility allowance change.

## From Social Services - *Elaine*

### **7 traits that can reduce your happiness**

Conventional wisdom has led us to believe that success leads to happiness. It's actually the other way around. It's happiness that leads to success. It makes sense. Whenever we are happy and positive, we are more motivated, energetic and productive, less stressed and more loved by people around. It's

tremendously powerful—this happiness and positivity. The dangerous thing is that negativity is equally powerful. It can do the exact opposite.

**We don't need** massive tragic events in our lives for us to be negative and unhappy. Trivial situations in our daily life, that should not matter to us at all, become sufficient reasons to fill up our mind with poisons. In addition to pulling us down, such negativity can make us extremely unpopular.

**7 negative** traits that can silently but alarmingly eat into our daily happiness.

**1. Constantly comparing with others:** Measuring our life with others' success will invariably result in an unhappy mind and heart. There will always be people who will do, have and achieve something more or different than we do. So, rather than looking at others' plates focus on yours. As long as you are running on your own track and achieving your objectives, you should be happy.

**2. Always taking things personally:** There are some people who will take each word of yours personally and get grumpy about it.

Whatever you say, they will assume it's targeted towards them.



Try to take things lightly. Give due consideration to the other person before quickly jumping to conclusions.

**3. Complaining:** Some people complain when things have not turned out as they wish. In addition to spoiling their own mood, they also spoil the moods of others. Happiness is a state of mind. Try to make the best of every situation, because this time will never come back.

**4. Excessive attention-seeking:** People who excessively seek to be the center of attention will take the unhappy route as soon as the attention diminishes or diverts to someone else. Try to be humble and kind, lest you find yourself on a fast-track to losing friends.

**5. Self-pity:** Some people believe that they are always victims of bad luck; that nothing ever works out in their favor. Getting ingrained in that attitude will render us holding destiny or other people responsible for our plight and will stop us from taking things in our control to improve our situation. Try to see why things are not working out and take corrective action.

**6. Not living in the present:** Fretting about the future and agonizing over our past will invariably result in a stressed body and mind. Learn from the past mistakes and plan and act in line with your future vision but don't let those two spoil your present.

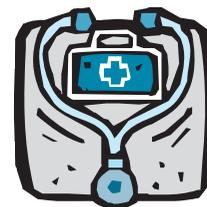
**7. Looking for perfect conditions:** Some people delay happiness in expectation of perfect conditions in the future. "I will go on vacation when I will have enough money to stay in the best hotels" or "I will invite friends only when my house looks perfect". By waiting for perfect conditions, we push away the opportunity to be happy today. Enjoy this day even if things may not be perfect.

From Wellness Nurse

*Karen Ellis RN*

**VNA of Somerset Hills**

Karen will take blood pressures and discuss any health concerns with you on Thursday, June 15th at 12 noon in V12.



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.

**Do you know the right time to call 911?**

One of the "perks" of living at Ridge Oak is the benefit of access to our town's amazing volunteer rescue squad. Our rescue squad and police are wonderful resources for our community. As the nurse, here at Ridge Oak, I have visited some residents before the call to 911 has



been made and have seen some residents having difficulty making the decision to call for help. Knowing when to call 911 could help save

a life. Knowing when NOT to call can also save lives by not wasting our community's precious emergency resources on non-emergency cases. Reasons NOT to call the rescue squad are: you need a medication refills, you need a ride to the doctor or because you think an ambulance ride will get you quicker attention in the emergency room.

### WHEN TO CALL 911

- When someone faints or collapses.
- When someone has chest pain or difficulty breathing.
- When someone is injured.
- When someone appears to be very sick and/or confused.

**Sometimes** it's hard to decide whether to call for an ambulance instead of driving to an emergency room yourself. The basic rule is—when in doubt, call 911. While no one wants to go to the hospital, it is always wise to err on the side of caution and call.

**If you are not sure** what to do, you can make a better decision by asking yourself the following questions:

- Could moving the person cause further injury? Do not pick up or move someone who has fallen, even though it is a natural impulse to do so! You could further injure the other person or yourself!
- Does the condition appear to be life-threatening?
- Does the person appear to need the skills or equipment of a paramedic or an emergency medical technician?
- Could the person's condition worsen on your way to the emergency room?

**If you fall** and need a hand to get back up, you can call 911 for a "lift assist". Our Township police officers offer this assistance to residents who have fallen and need help getting up if they are not hurt. If you feel you don't need further emergency assistance, you can always refuse after consulting with the rescue squad people.

**The information** you give the emergency dispatch operator helps them help you. Stay calm, speak clearly, and stay on the phone until the emergency operator tells you to hang up. Tell the emergency dispatch operator where to find the person needing emergency care and give the exact location so help can find you! Follow any instructions you have been given by the emergency dispatch operator.

**An updated** medical fact sheet on your refrigerator is a **MUST!** This form tells rescue squad about your medical conditions, medications and other important information needed to provide you with good emergency medical care. If you need help filling out this form, call the Ridge Oak office and I will be happy to help. Stay safe and stay well!

From Supportive Housing  
*Jill*

**Please post** your “Meal Sheet” on your fridge so that you have a record of the meals you’ve signed up for. If you call to add or subtract a meal during the month, write it down.

**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.

**It’s Ice Tea Season beginning June 1 !**

#### MEAL NOTES FOR JUNE

**Tuesday**, June 6th – **NO CHSP MEAL** – PRIMARY ELECTION DAY – Get out and **VOTE!**

**Wednesday**, June 7th – Everyone’s favorite, Beef Meatloaf, will be served at 5 pm in Felmeth Hall. A side of healthy Vegetable Medley will accompany this entrée. Come early for Guitar Music by Teacher Christine Robert’s kids at 4:30 pm.

**Thursday**, June 8th – Join us for Panko Tilapia at 5 pm in Felmeth Hall with a Tuscan Bean Salad as a starter.

**Wednesday**, June 14th –

**BIRTHDAY DINNER** – Our Birthday meal at 5 pm in Felmeth Hall begins with **KINGS** tasty Creamy Cole Slaw followed by Rotisserie Chicken with delicious sides. Our meal will be followed by a Black & White Cake with Raspberry Filling and Vanilla Icing. Join us to celebrate and sing to your Birthday friends.



**Friday**, June 16th – Asian Delite

Restaurant will deliver tasty Pork Lo Mein at 5 pm in Felmeth Hall. Tasty Almond Cookies will top off the meal.

**Tuesday**, June 20th – Join us at 4:30 pm **SHARP** in Felmeth Hall while listening to the musical talent of Yulia Kuzniar playing the piano and her friend Katrina accompanying her on the flute. Yulia and Katrina have been here before to overwhelming accolades! Chicken Parmesan will be on the dinner menu.

**Wednesday**, June 21st – Spinach Stuffed Flounder at 5 pm in Felmeth Hall. Strawberry Shortcake for dessert!

**Wednesday**, June 22nd – **LUNCH** – Join us at 12 pm in Felmeth Hall for a Hot Sloppy Joe Sandwich.

**Wednesday**, June 28th – Crispy Coconut Shrimp with Basmati Rice will be served at 5 pm in Felmeth Hall. Enjoy Chocolatey Chocolate Cake for dessert!

**Thursday**, June 29th – A favorite, Kielbasa with Sauerkraut with Potato Pierogies will be served at 5 pm in Felmeth Hall. Don't miss out!

**Plan Ahead** All You Birthday Babies – July Birthday Dinner is on Wednesday, July 12th at 5 pm in Felmeth Hall. Join us to sing Happy Birthday while we serve Coconut Shrimp along with White Cake with Lemon Filling and Vanilla Icing.

## Housekeeping SPRING CLEAN AND WIN!

**Book AND keep** your housekeeping appointment for the month of JUNE and win a chance for a \$50 KINGS gift card. Raffle winner will be picked at random by Ridge Oak staff on July 3rd!



**Spring is here!** Time to clean up, dust up and sparkle up! Call today to make an appointment to have a sparkling clean apartment. If 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 receive** more than one invoice from the Ridge Oak office, you can now pay ALL of those bills in ONE check made payable to Ridge Oak. The total amount due is already added up for you and noted on the blue paper attached.

**Questions** about meal or housekeeping programs? Call Jill in the office.

## Elder Voices - Local History Stories

**Sunday June 4**, 2-4 pm @Brick Academy

**Maybe** you've only lived in town a few years? Just moved here? Or maybe you have questions about what used to be in the area or what it was like?

**If so**, this event is for you! Meet 3 local senior citizens in a small intimate setting as we hear local stories from those who lived it. Sharing photos as well. Bring any old photos or questions you might have. Then after, join us for a pint at the Washington House. A fun afternoon.

**But you** have to RSVP. Seating is limited. A "Pass the hat" donation event.

## Bird Bit

**A very pretty** little blue parakeet was found recently near Village 7. After Corey did a quick search on the internet, our own summer helper Brandon Falzon put the little bird in a box and took it to

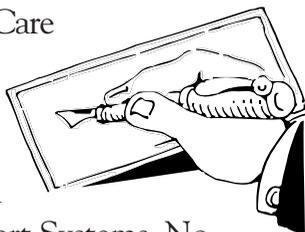
a parakeet rescue in Woodbridge, NJ. He was a man with a mission or like a shepherd with a lost sheep. He saved a precious little life. We are proud and grateful.

## Congrats!

**Congratulations** to Jonathan Schachter (our Ridge Oak Bus Aide) for winning two silver medals at the Special Olympics on Saturday, May 6th at Bridgewater Raritan High School. Jonathan won the medals for his stellar performance in the 50-meter dash and the javelin throw.

## 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.



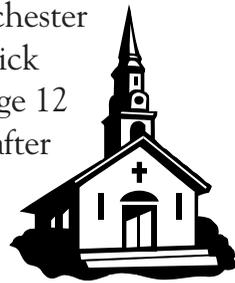
## PERSYS Units

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, 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, July 20th. 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 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*

**Friday, June 2nd**

Basement Blow Out Sale

**Tuesday, June 6th** - Twilight Dining

**Wednesday, June 7th** - Tai Chi Demo

**Wednesday, June 7th** - Guitar Music

**Thursday, June 8th**

Parade Prep Meeting

**Friday, June 9th**

Hunterdon Hills Playhouse

**Saturday, June 10th**

300th BRPC Parade

**Monday, June 12th** - Evening of Song

**Wednesday, June 14th**

Walmart & Cracker Barrel

**Tuesday, June 20th**

Musical Serenade

**Wednesday, June 21st** - Movie Matinee

**Thursday, June 22nd**

Garden Club Tour

**Friday, June 23rd** - A Twist on Bingo

**Wednesday, June 28th**

A Day at the Shore

**Monday, July 3rd**

July 4th Hot Dog Cook Out

Basement Blow Out  
Sale

**We will have** a one day sale on Friday, June 2nd from 9 am -3 pm, BASEMENT ONLY. There's lots of "stuff" to sell at great prices. Bring your money and your family and friends!

## Better Balance

**Better Balance**, Body & Brains continues on select Tuesdays at 1 pm and Fridays at 11 am in V12. Check the calendar for class dates and times.

## Twilight Dining

**Tuesday**, June 6th, the bus will leave at 4:30 pm for Alfonso's in Somerville. Since this is election day and all parking spaces need to be open for voters, PLEASE do not park your car at Felmeth Hall to access the bus. We will drive around the complex to pick you up.

**Tuesday night** at Alfonso's is "Half Price Entrees". It is cash only and each person at the table must purchase a beverage; bottled water, soda or a bar drink. After dinner, you will have time to walk in Somerville, buy an ice cream or cupcake at the local stores. Sign-up is required.



## Walk in a Park

**Weather permitting**, our outdoor walking will be Wednesday, June 7th & 21st. Ridge Oak bus will leave at 9:45 am and return in time for shopping. Walk as little or as much as you want. Enjoy the fresh air. Wear comfortable clothes.

## Tai Chi Demo

**Join us** Wednesday, June 7th for a free demo/participation class in Tai Chi at 1 pm. For this class please wear comfortable clothing and shoes or sneakers. Even if you think you're out of shape, this is one form of exercise you can do. Sign-up required.

**Want to dodge** depression and maybe even dementia? Prevent falls and grow stronger in mind and body? Tai chi may be the answer. The benefits of this ancient Chinese form of exercise have been repeatedly demonstrated by a growing body of clinical evidence.

**Among** the possible benefits:

- Falls prevention
- Balance boosting
- Stress & pain reduction
- Immune system enhancement
- Easing depression
- Increasing bone density
- Lessening Parkinson's disease symptoms

## Guitar Music

**Wednesday**, June 7th at 4:30 pm the very accomplished guitar students of Christine Roberts will provide us with musical entertainment before



dinner. All residents are welcome. Dinner attendance not required. Come and enjoy the music of these talented young musicians.

## Parade Prep Meeting

**For those** of you “marching” in the BRPC 300th Anniversary parade on Saturday, June 10th, PLEASE plan on attending our prep meeting on Thursday, June 8th at 12 pm. We will go over logistics for the parade. It is important that all participants attend.

## Hunterdon Hills Playhouse

**Friday**, June 9th, the bus will leave at 11 am for Hunterdon Hills Playhouse. This trip is SOLD OUT. We will accept names for the wait list only! The cost of the show and lunch is \$48 per person. This is a \$10 discount! There will be no refunds if you cancel.

**Lunch choices** are; Yankee Pot Roast, Fried Jumbo Shrimp Platter, Island Salmon, Chicken Sorrento, Eggplant Rollatini or Roasted Vegetable Kabobs. Your entrée includes homemade breads, garden salad and the famous dessert buffet. Coffee and tea are included.



Other drinks can be purchased separately. When you sign up, you must let us know your entrée choice.

**Legends of Pop**, starring the Mahoney Brothers, will reproduce a wide range of musical acts and styles, featuring new songs from such legendary performers as Elvis Presley, The Beatles, Neil Diamond, The Eagles, Billy Joel and more! We will travel through more than a half century of music in one spectacular Show.

## An Evening of Song

**Tuesday**, June 13th the Notables will perform at 7 pm in V12. After a busy year, they take a summer break and this is their *Say Goodbye for the Summer* performance. At this performance, they present two scholarships to talented high school seniors. The winners will perform that night. Light refreshments will be served. There is no charge but sign-up is required. The transporter is available for this event if you call for a ride before 5 pm.

## Walmart & Cracker Barrel

**Wednesday**, June 14th, the bus will leave at 11:30 am for Clinton Walmart and a late lunch at Cracker Barrel. Sign-up is required.

## Musical Serenade

**Thursday**, June 20th at 4:30 pm Yulia Kuzniar and her friend Katrina will provide us with some musical entertainment before dinner. All residents are welcome. Dinner attendance not required. Come and enjoy the music of these talented young ladies.

## Movie Matinee

**Wednesday**, June 21st, the movie *The Butler* will be shown at 1 pm. Sign-up is required.

**Oscar winner** Forest Whitaker delivers a powerful performance as Cecil Gaines, who served as the White House butler under eight presidents. His three decades of service unfold against a backdrop of unparalleled change in American history.

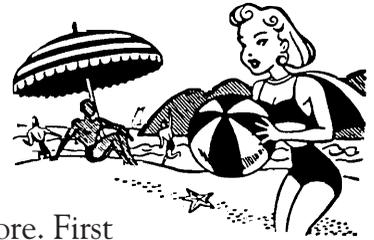


## Garden Club Tour

**Garden Club** of Somerset Hills has invited our residents on a tour of several gardens in the town on Thursday, June 22nd. The tour will conclude with light refreshments. This is always a very enjoyable trip. The bus will leave Ridge Oak at 12:15 pm. There is no charge but sign-up is required.

## A Day at the Shore

**Wednesday**, June 28th, weather permitting, the bus will leave at 10:30 am for the Jersey Shore. First stop, Spring Lake for shopping and lunch on your own and then on to Manasquan for one of Frank's favorite ice cream places. Wear comfortable clothes. Sign-up is required.



**Historic** Spring Lake's captivating shopping district welcomes guests from around the world and residents alike with its small-village graciousness and relaxed atmosphere. Nestled within the family-friendly "Jewel of the Jersey Shore," Spring Lake's shopping district provides fashionable boutiques, unparalleled customer service, unique galleries, casual outdoor eateries and fine dining experiences. Downtown is a short tree-lined walk from the soothing ocean waves and non-commercial boardwalk.

## July 4th Hot Dog Cook Out

**Monday**, July 3rd at 12 pm on the V12 patio we will celebrate the July 4th Holiday with an all-American lunch; hot dogs, beans, kraut and watermelon.

Ken Salvo will provide musical entertainment. Sign up starting Thursday, June 1st. Bring CASH with you to lunch. The cost is \$2 per dog and all proceeds will be donated to a local Veterans charity. God Bless America!



## Sunday Afternoon of Fun

**Join the fun** on Sunday afternoon, June 4th at 2 pm. Everyone is invited.

## Bunco

**Bunco** will be played Saturday, June 17th at 1 pm. Don't forget your \$3 to play.

## Afternoon of Cards

**Uno**, Phase 10, Skip Bo... On Sunday, June 25th join us for card games at V12 at 1 pm. This is a good time to share a favorite card game or learn a new one. Everyone is welcome.

## ACORN Collators & Distributors

**July** ACORNS will be collated Friday, June 30th at 9:30 am. Distributors can pick up their village Acorns after 10 am.

## Afternoon of Games

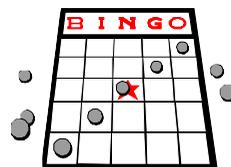
**Join** your friends and neighbors for Scrabble, Tiles, and other card games at 1 pm in Felmeth Hall on Mondays unless otherwise noted. Start your own table of games, ask a friend or neighbor to join you.

## 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, June 5th, 12th, 19th & 26th.

## Bingo

**Bingo** will be played at Felmeth Hall Thursday, June 8th and Friday, June 16th, 23rd & 30th at 1 pm. Do not forget that you must sign up for the special BINGO on June 23rd.



## Foot Care

**Dr. Brown** will visit June 6th & 13th. Dr. Geller's next visit is Tuesday, June 13th. We schedule home visits for Dr.

Brown and you may schedule Dr. Geller by calling his office 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.

### Roman Catholic Mass

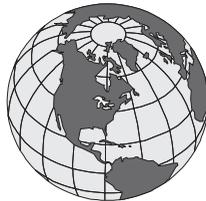
Monsignor Capik will say Mass Monday,  
June 5th at 8:30 am. All are welcome!

### Ecumenical Service

Father Rick, of St Mark's Episcopal  
Church will hold an ecumenical service  
on Thursday, June 8th at 10 am. All  
faiths are invited.

## OUR EXPANDING WORLD

Activities outside Ridge Oak



## The Library Corner

**Bernards** Township Library on Maple  
Avenue offers many programs and has an  
extensive book collection. If you would  
like more information, call 908-204-  
3031. Each month we will 'spotlight'  
some of the programs.

- Raritan Ringers Handbell Concert:  
Wednesday, June 7 at 7 pm. Registration  
requested.



- Winston Churchill, Early Life &  
Career: Thursday, June 8 at 7 pm. Part 1  
of a two-part series. Presenter: Nolan  
Asch. Registration requested.

- Four Centuries of Jazz Concert:  
Sunday, June 11 at 2 pm. Live musical  
concert featuring Florian Schantz Jazz  
Combo. Registration requested. Event  
sponsored by Friends  
of the Bernards  
Township Library.

- San Francisco Bay  
with Kevin Woyce:  
Tuesday, June 13 at  
7 pm. History &  
Photo Lecture.

Registration requested.

- Winston Churchill, World War II and  
the Later Years: Thursday, June 15 at 7 pm.  
Part 2 of a two-part series. Presenter:  
Nolan Asch. Registration requested.

- Cinema History, Chaplin and Keaton:  
Thursday, June 22 at 7 pm. Presenter:  
Chris Messineo, Director/ Producer and  
head of NJ Film School. Registration  
requested.

## Senior Luncheon

**Senior** Luncheon at Millington Baptist  
will be Friday, June 16th from 12 noon to  
2 pm. There is a potluck luncheon first,  
followed by the program. Bring a dish to  
share. For more information, call the  
church at 908-647-0594.



## 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. Open daily with 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 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 on Tuesdays & Fridays. For more 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 YMCA 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.

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  |  |
|--|---|--|---|---|---|---|--|
|  |   | <b>JUNE</b>  |   |   |   |   |  |
|  |   |  |   | 9 BUS YMCA<br>9:45 BUS<br>Bernardsville<br>5 DINNER Stuffed Cabbage   | 9 Basement<br>Blow Out Sale<br>5 DINNER<br>Stuffed Shells                                       |   |  |
| 4<br>Church BUS<br>2 Sunday Afternoon of Fun                 | 5<br>8:30 Mass<br>9:45 BUS Stirling & Gillette<br>10:30 Happy Hookers<br>1 Games<br>5 DINNER Tortellini Alfredo w Chicken | 6<br>PRIMARY ELECTION DAY<br>NO Meal<br>9 BUS YMCA<br>9:45 BUS<br>Bernardsville<br>1 Balance V12<br>4:30 Twilight Dining | 7<br>9:45 Walk in a Park<br>11:30 BUS New Providence<br>1 Tai Chi Demo<br>4:30 Guitar Music<br>5 DINNER Beef Meatloaf | 8<br>9 BUS YMCA<br>9:45 BUS<br>Bernardsville<br>10 Ecumenical Service<br>12 Parade Prep<br>1 Bingo<br>5 DINNER Panko Tilapia  | 9<br>11 Hunterdon Hills Playhouse<br>11 Balance V12<br>5 DINNER Baked Ham                       | 10<br>12:30 Bus - BRPC 300th Spectators<br>1 Bus - BRPC 300th Marchers<br>2 BRPC Parade Start |  |
| 11<br>Church BUS   | 12<br>9:45 BUS Stirling & Gillette<br>10:30 Happy Hookers<br>1 Games<br>5 DINNER Shrimp & Scallops                        | 13<br>9 BUS YMCA<br>9:45 BUS<br>Bernardsville<br>1 Balance V12<br>5 DINNER Vegetable Lasagna<br>7 Evening of Music V12   | 14<br>11:30 Walmart & Cracker Barrel<br>5 Birthday DINNER<br>Rotisserie Chicken                                       | 15<br>9 BUS YMCA<br>9:45 BUS<br>Bernardsville<br>11 Balance V12<br>12 Blood Pressure Clinic V12<br>5 DINNER Swedish Meatballs | 16<br>9:45 BUS Stirling & Gillette<br>1 Bingo<br>5 DINNER Asian Delite Pork Lo Mein             | 17<br>1 Bunco   |  |
| 18<br>Church BUS   | 19<br>9:45 BUS Stirling & Gillette<br>10:30 Happy Hookers<br>1 Games<br>5 DINNER Pork Loin                                | 20<br>9 BUS YMCA<br>9:45 BUS<br>Bernardsville<br>1 Balance V12<br>4:30 Musical Serenade<br>5 DINNER Chicken Parmesan     | 21<br>9:45 Walk in a Park<br>11:30 BUS Lyons<br>1 Movie Matinee<br>5 DINNER Spinach Stuffed Flounder                  | 22<br>9 BUS YMCA<br>9:45 BUS<br>Bernardsville<br>12 LUNCH Hot Beef Sloppy Joe<br>12:15 Garden Club Tour                       | 23<br>9:45 BUS Stirling & Gillette<br>11:30 Special Bingo<br>5 DINNER Stuffed Peppers           | 24  |  |
| 25<br>Church BUS<br>Father's Day<br>1 Afternoon of Cards V12 | 26<br>9:45 BUS Stirling & Gillette<br>10:30 Happy Hookers<br>1 Games<br>5 DINNER Pasta Bolognese                          | 27<br>9 BUS YMCA<br>9:45 BUS<br>Bernardsville<br>1 Balance V12<br>5 DINNER Reuben Panini                                 | 28<br>10:30 Day at the Shore<br>5 DINNER Coconut Shrimp   | 29<br>9 BUS YMCA<br>9:45 BUS<br>Bernardsville<br>5 DINNER Kielbasa w Sauerkraut   | 30<br>9:45 BUS Stirling & Gillette<br>11 Balance V12<br>1 Bingo<br>5 DINNER Chicken Cordon Bleu |   |  |

