

ACORNS

VOLUME 40, ISSUE 10 OCTOBER 2017

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

908/221-0266

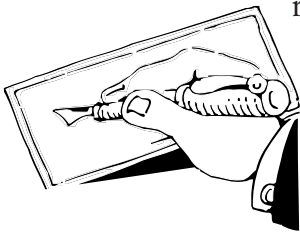
FAX: 908/221-0042

www.ridgeoak.org

Check Your Check

Please double check the amount you have written on your check for rent or your check paying for meals and activities. Be sure the dollar amount is correct and write the amount clearly and neatly so we can scan your check to send to the bank electronically. This avoids us having to return incorrect checks and having go to the bank to make a deposit. Remember direct debit is available for

rent as well as bill payments! No check writing. Easy, breezy. Inquire at the Ridge Oak office.

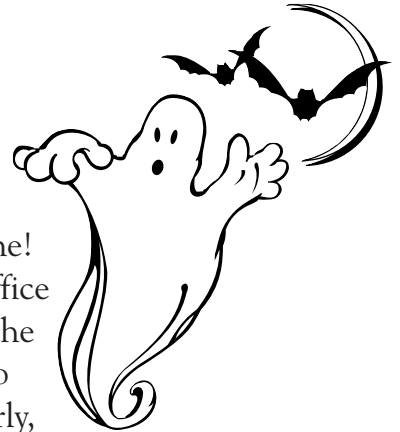


Mission Critical

If you have an e-mail address, PLEASE share it with us! This is the quickest and easiest way for us to communicate with

you in an emergency; like a hurricane! Stop by the office and just give the information to Corey. Similarly, e-mail addresses for

family members are most helpful. Most importantly, if we send you an e-mail, PLEASE read it! Thank you.



Mail Etiquette

Before you open a letter or a package, make sure the item is addressed to YOU. Our mail carriers are delivering to 300+ people on our property and will make mistakes by putting an item in the wrong mailbox. If you make a mistake and open something that is not yours, just “own it”! Take the item to your neighbor and apologize. It happens.

Warm Weather Shut Down

When the outside temperature is 70 degrees or higher, the boiler will shut down. Keep a sweater nearby if you have a chill. We cannot simply hit a switch to keep the boiler running to keep one person warm in a village of many!

Hurricane Donations

Giving Change to Make a Change...



We can help those in need.

We can make a difference for tomorrow by donating our loose change. A small gift from a loving heart goes a long way to helping someone. Look for our big “change

for change” jug in the lobby area of Felmeth Hall during October. All change that is donated will be forwarded 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 Hurricane Harvey and Irma.

Hurricane Readiness

Harvey, Irma and Jose. What a very scary group of names. We cannot impress upon you how important it is for you to be prepared to shelter in place OR have a “to go” bag packed in the event an

evacuation is necessary. Here are a few tips;

- Take stock of your flashlights, lanterns and your battery supply. Replenish all supplies. Rechargeable flashlights are fantastic!
- NEVER burn candles.
- Our generators provide power for heat and hot water only, not electricity. If you use oxygen, have a manual tank on hand and know how to use it.
- Keep your cell phone fully charged always. Be sure to put your name and phone number on the phone and on your charger.
- Keep a small stash of cash on hand.
- Keep a stash of your required medications on hand.
- If you have a car, keep your gas tank FULL.
- Find your spare car key and apartment keys and keep them handy to grab quickly if you must leave your apartment.
- Keep a small stock of non-perishable snack food and bottled water on hand. Don't bother with items that must be cooked or microwaved.
- Do not overstock your refrigerator or freezer.
- Read the evacuation and emergency information posted on the back of your apartment door.



- If you have a pet, keep their leash, a carrier and a supply of food ready to go.
- Ridge Oak staff is not here 24/7. To safely serve you we must safely get here! If you cannot stay by yourself safely and comfortably, plan to stay with family or friends but be sure to let us know where you are and how you can be reached.



Spoofting Scams

“**Spoofting**” occurs when a caller deliberately falsifies information transmitted to your caller ID display to disguise their identity. Spoofting is often used as part of an attempt to trick someone into giving away valuable personal information so it can be used in fraudulent activity or sold illegally. We have had reports that Ridge Oak III has appeared on someone’s caller ID with a phone number that is NOT used in our office. Be cautious and aware.

Tote Bags Thanks

If you were one of the lucky residents who received a hand-crafted tote bag, made with love by the Creative Hands of Millburn Township, take a minute and send a thank you note to:

Red Cross
Christine Hodde
695 Springfield Ave
Summit NJ 07901



Election Day Made EASY

Election Day is Tuesday, November 7th. Felmeth Hall RB *Boye Community Room* is your polling place. You may vote either in person or by mail.

Too hard to get to Felmeth Hall to vote? Make it easy on yourself! ANYONE can vote by mail by completing the Application for a Vote by Mail Ballot and returning it to the Somerset County Clerk. Application forms are available in the Ridge Oak office. Completed forms must be received at the County Clerk Office before November 1st.



You must be registered to vote. If you have moved or are not registered, you may register online or pick up a form at the Ridge Oak Office. The deadline for mailing your voter registration form is October 17th. Questions? Call Somerset County Clerk at 908-541-1289

Clean Out

It is time to clear planting areas outside apartments and raised garden beds behind the barn. Cut back or pull out plants in the ground. Throw out dead summer plants in pots. If you planted it or potted it—clear it out! Please store planting items (including empty pots and

gardening tools) indoors, not on your porch/patio. If any person does NOT clean out their assigned raised bed garden area, they will NOT be eligible for a raised bed garden next spring.

Bazaar Blast

Our 2017 Bazaar is Friday, November 3rd & Saturday, November 4th from 9 am to 3 pm. Mark your calendars. Please pass the word to friends and family members. Raffle winners and door prize winners will be drawn on Monday, November 6th at 10 am.

This year's prizes are wonderful! We have the following items:

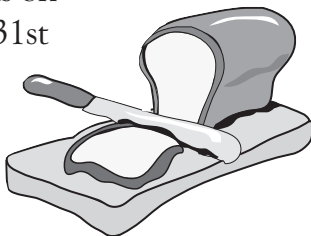
- Queen Size Homemade Quilt
- Dell Inspiron 15" 2-in-1 Laptop
- Apple Watch Series 2

You may ask, “What can I do”?

- If you have not turned in your raffle tickets, please do so.
- Invite your friends and family to shop.
- Volunteer to sell raffle tickets at one of the stores or at the post office.
- Ask stores to post one of our flyers.
- Bake something for the Bake Shop.
- Fold raffle tickets on

Tuesday, October 31st at 1 pm.

- Sign up to work a 3-hour shift at the Bazaar.



Lend a Hand with Flyers

We need residents to deliver Bazaar flyers at the following meetings/places:

- YMCA Active Older Adults Center
- Bonafides
- Wellness Center
- Leisure Learning at Basking Ridge Presbyterian Church on Mondays

Tell Connie if you know of other organizations/meetings that would be willing to hand out flyers.

Bakers Needed

We need home-baked items for the Bake Shop which is always a Bazaar highlight! Although we appreciate the gesture, “store bought” items do not sell well. Baked good items that are needed include; breads, pies, cookies and brownies. Drop off your home-baked items in Felmeth Hall on Thursday, November 2nd between 9 am and 12 noon. Please deliver your items in disposable containers. If you deliver items in a pan, tin or plate which you would like returned, put your name on it. Why not ask a family member to bake something to donate? Homemade treats of all kinds are always big sellers.

Raffle Ticket Sales

The following dates and suggested times are available for residents to “man” a table to sell raffle tickets. Sign up with a

friend or we can match you up with someone. We supply everything and help you set up. No experience required! It is not hard to do and can be fun!



- Saturday, October 21st Basking Ridge Post Office, 9 am – 12 noon
- Tuesday, October 24th Kings 11 am - 1 pm
- Wednesday, October 25th Stop ‘n Shop at Lyons, 10 am - 12 noon
- Monday, October 30th Basking Ridge Post Office, 10 am -12 noon

The Challenge

We will give \$50 to the 3 residents (not necessarily working in a team) with the highest total ticket sales.

Residents Meeting - Save the Date!

Who won? Did I win anything?

Monday, November 6th, at 10 am the Bazaar door prize and the raffle winners will be drawn in Felmeth Hall *RB Boye Community Room*. Wow, so exciting, stop by to see if you won!

Our friends from Verizon will also be here that morning at a special table to answer your questions about their FiOS services for TV, phone and internet. They usually have a special promotion for signing up and will have special door

prize drawings for those who visit their table. For every resident who is a Verizon FiOS customer a small donation is made to the Ridge Oak Care Fund which helps to provide support services to residents of our community.

Computer Room News

Russ Archer is available to provide computer room tutorials to interested residents. Dates are Tuesday, October 3rd & 17th 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.



The Magic Shop

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

From the Executive Director *Bonnie*

I must give a royal “shout out” to my sister and brother-in-law, Pat and Paul - a.k.a “KING”. They are tirelessly supportive of our community, the raffle and the Bazaar. Pat makes our quilts (and she recently won 3rd prize in a quilt show on Long Island) for the raffle and sells tickets to anyone who has a spare \$1. The KING scampers all over Long Island picking up donations from family and friends for the bazaar. After 49 years of marriage, Pat loves to offer his services to her quilting friends and her wide network of retired school teachers. Connie and her trusted team of basement ladies sort, clean and polish every treasure the KING drops at our door. We are eternally grateful to the KING, Pat and Ridge Oak’s Long Island Auxiliary.

Occupancy - *Christine, Patrice & Helen*

Each year you receive a “1st Reminder Notice” notifying you of your upcoming financial review and annual apartment inspection a full 120-days prior to your lease anniversary. HUD requires that we send you a reminder notice every 30 days thereafter until your recertification is complete.

Example: You receive your 1st reminder notice on 9/15/17. If your recertification is not complete by 10/15/17, you will receive a 2nd reminder notice. If your recertification is not complete by 11/15/17, you will receive a 3rd reminder notice.

If you have any questions, please contact Christine at 908-221-0266.

From Social Services - *Elaine*

Should You Be Grateful for the Hardest Thing in Your Life?

One trait of highly successful people is having a positive outlook on life, always moving forward, always learning—especially when it’s hard. We’re not typically grateful for the “worst” things in our lives. If we want to have a growth mindset, we should be.

Through hardship, people can learn much about humility. About surrender. About learning how to both give and receive unconditional love. Some of the strongest, bravest, and wisest people you’ll ever meet have come out the other side of hardship.

Ask people to talk about one hard knock or another from their past.



Bullied as a child. Job eliminated. Cancer (and beating it). And ask “If you could go back and have a redo, and skip that awful thing, would you do it?”

Almost always, the answer is no – they wouldn’t skip it. That hard thing made them stronger. It made them who they really are. It helped them cultivate grit. And...when something hard comes along in their life now, they’re much better suited to cope with it.

We learn from our mistakes way more than our triumphs. The trick is learning how to embrace those failures for the learning opportunities that they are.

Instead of avoiding the hard thing, get curious about it. Examine it deeply. If you find yourself struggling with a tricky situation where you’d rather just hit the “fast forward” button on life, try one or both parts of this mental exercise:

1. **Embrace it:** Think of the person that you trust and respect most in this world for your personal development. Imagine talking to them about this situation. Imagine that they’ve planned this lesson just for you, with only your best interests in mind. Have a discussion with them about what you’re learning and how it will make you stronger and wiser. End your conversation by thanking them for this lesson. Feel a deep sense of gratitude for the chance to learn.

2. **Embody it:** Imagine yourself in the future. Your current situation has long run its course and you are older, much wiser, and more successful because of it. Get a real sense of your success, and how this situation helped shape that success.

If we can change our attitude about the hard things—truly appreciating them as gifts for our development rather than some random punishment, we’ll be happier and more successful.

Being grateful for the hardest thing in our life is not easy. It’s incredibly hard. But with some practice and grit, maybe we’ll get so good at the hard stuff it might start to seem like cheating when things are normal.

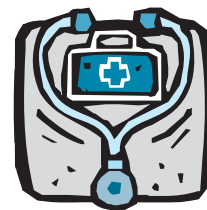
From Wellness Nurse

Karen Ellis RN

VNA of Somerset Hills

Karen will take blood pressures and discuss any health concerns with you on Thursday, October 26th at 10 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. Please contact her with questions you have about receiving VNA services at home. Services include nursing and therapies (Physical, Occupational & 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.

From Supportive Housing
Jill

Fall is here and the days are getting shorter. Please turn on your outside light if you are receiving a meal delivery or walking home after your meal at Felmeth Hall.

Saving seats at dinner is Not Allowed. If you want to sit with your friends, all parties should arrive early and meet in the lobby to come in together. No one should be turned away because others are telling them that seats are being saved.

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

MEAL NOTES FOR OCTOBER

Wednesday, October 4th – Join us at 5 pm in Felmeth Hall *RB Boye Community Room* for a tasty meal of Roast Turkey with Stuffing.

Thursday, October 5th – Kielbasa with Kraut and Pierogies will be served followed by creamy cheesecake at 5 pm in Felmeth Hall *RB Boye Community Room*.

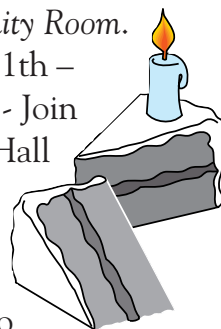
Tuesday, October 10th – On the menu is Lemon Breaded Stuffed Flounder with delicious sides at 5 pm in Felmeth Hall *RB Boye Community Room*.

Wednesday, October 11th – BIRTHDAY DINNER - Join us at 5 pm in Felmeth Hall *RB Boye Community Room* for KINGS tasty Meatloaf!

Join your friends and neighbors to wish all a Happy Birthday with a Chocolate Cake with Chocolate Mousse Filling and Chocolate Icing.

Thursday, October 12th – At 5 pm in Felmeth Hall *RB Boye Community Room*, Asian Delite will serve General Tsao's Chicken with Rice & Chinese Vegetables along with tasty Almond Cookies for dessert.

Tuesday, October 17th – Plum Ginger Chicken is on the menu at 5 pm in Felmeth Hall *RB Boye Community Room*. Enjoy Rice Pudding for dessert!



Wednesday, October 18th – Join us for Baked Ham at 5 pm in Felmeth Hall RB *Boye Community Room*.

Wednesday, October 25th – Join us at 5 pm in Felmeth Hall RB *Boye Community Room* for Lip Smackin' Apricot Roasted Chicken along with KINGS tasty Sweet Potato Soufflé!

Thursday, October 26th – LUNCH – Try KINGS delicious Reuben Panini at 12 pm in Felmeth Hall RB *Boye Community Room*.

Plan Ahead All You Birthday Babies – Our November Birthday Dinner will be held on Wednesday, November 8th at 5 pm in Felmeth Hall RB *Boye Community Room*. Join us in wishing your friends and neighbors a Happy Birthday while we serve Chicken Parmesan along with Vanilla Cake with Blueberry Filling and Vanilla Icing!



Housekeeping

Why do it yourself? Call to book an appointment with our wonderful housekeepers! Call Jill in the office to find out your copay. It may be less expensive than you think!

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, call Jill in the office.



Care Fund

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

PERSYS Units

PERSYS (Personal Emergency Response System) is an electronic device that lets you summon help in an emergency. The transmitter is worn around the neck or wrist and sends a signal to the telephone. When emergency help is needed, the PERSYS user presses the button and rescue squad, police and emergency phone numbers are called. Units are monitored by an alarm company. Our



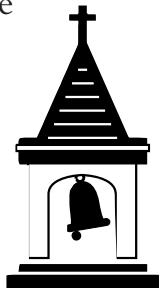
units are owned by Ridge Oak, and residents are billed for monitoring. PERSYS units have truly been “lifesavers” for those

who have had an emergency and cannot reach the phone. Maintenance staff is responsible for installing and testing units. If you want to sign up for this medical alert service, call Elaine at the office to process the paperwork. Units will be tested Thursday, November 16th. 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 9:30 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. 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

Tuesday, October 3rd - Flu Clinic

Tuesday & Friday - Better Balance

Wednesday, October 4th

St. Mary's Bingo

Thursday, October 5th

Blessing of Our Pets

Sunday, October 8th

Ridge High Games

Thursday, October 12th

Madison Library Concert

Tuesday, October 17th - Hand Chimes

Tuesday, October 17th

Low Vision Program

Wednesday, October 18th

Walk in a Park

Wednesday, October 18th

New Wegmans

Friday, October 20th - Movie Matinee

Sunday, October 22nd - Sunday Games

Tuesday, October 24th - Chubb Bingo

Tuesday, October 24th

Meet the Candidates

Thursday, October 26th

Chester Area

Flu Clinic



If you have not already done so, call the office to book your flu shot appointment for Tuesday, October

3rd in Felmeth Hall RB Boye Community Room. Bring your Medicare card with you to the flu clinic.

Better Balance

Final classes of the summer session will be Tuesday, October 3rd at 1 pm and Friday, October 6th at 11 am in V12. The new session will begin after the Bazaar.

St. Mary's Bingo

Wednesday, October 4th the bus will leave at 10:30 am for St. Mary's in Manville for an afternoon of Bingo. The \$2 admission includes a package for 9 games. Additional game packages can be purchased. You pay when you get there. Sign-up is required.

The Bingo Kitchen serves lunch fare such as hotdogs, hamburgers, cheesesteak sandwiches, cabbage and noodles, French fries, baked goods, coffee, tea, water & soda.

Blessing of Our Pets

Father Rick Morley will be at V12 on the patio at 10 am on Thursday, October 5th for the Blessing of Our Pets. In case of inclement weather, the



service will be held inside at V12. All residents are invited to attend this service even if you do not have a pet. The service is open for everyone. Residents who have a pet are invited to bring their pet or to come by themselves to receive the blessing. The transporter will be available. Sign-up is required.

This custom is conducted in remembrance of St. Francis of Assisi's love for all creatures. Francis, whose feast day is

October 4th, loved the larks flying about his hilltop town.

*All things bright and beautiful,
all creatures great and small,
all things wise and wonderful,
the Lord God made them all.*

Ridge High Games

Looking for an afternoon of fun? A group of students from Ridge High School will come to Ridge Oak Sunday, October 8th at 1 pm in Felmeth Hall *RB Boye Community Room*. There will be lots of games and food! Do not miss this great opportunity for a little extra fun! See you there! Sign-up is required.

Madison Library Concert

Suburban Music Study Club

Thursday, October 12th, the bus will leave at 9:30 am for Madison Library for a concert sponsored by the Suburban Music Study Club. This month's program will feature piano, clarinet and bassoon. Sign-up is required.

SMSC was founded by Alice Malcolm-Switzer in 1899 under the name The Music Study Club of Newark and the Oranges. The club eventually moved from Newark to Maplewood-Millburn area and continued to meet in private homes.



In 1980 the club moved to its present location, The Chase Room at the Madison Public Library.

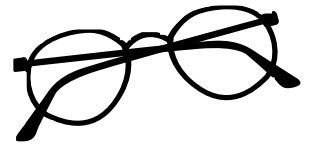
SMSC has always promoted a high standard for classical musical performance. The club supports scholarships for talented, deserving young musicians with donations from members and friends.

Hand Chimes

Hand Chime practice starts on Tuesday, October 17th at 10 am in Village 12. This is a weekly commitment. If you have questions, please contact Connie.

Low Vision Program

Do you or a friend or neighbor suffer from low vision?



Join us on Tuesday, October 17th at 1 pm in Felmeth Hall *RB Boye Community Room* for a program by Vision Loss Alliance of NJ. Feel free to have a family member attend with you. Sign-up is required.

1. Explanation of low vision- typical low vision conditions & how they impact a person's ability to function
2. Simple inexpensive adaptive devices & strategies available to help a person function more independently in their home; includes education in adjusting lighting/contrast

3. Home safety/fall prevention
4. Education on programs & services available at Vision Loss Alliance of NJ

Walk in a Park

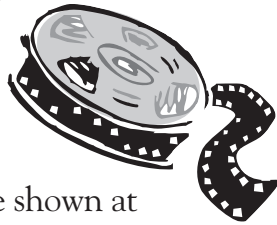
Wednesday, October 18th, weather permitting, we will start our Walks in a Park. The bus will leave at 9:45 am and return by 11:30 am. Dress for the weather and wear comfortable shoes. The walks are for all levels of walkers.

New Wegmans

Wednesday, October 18th, the bus will leave at 11:30 am for the new Wegmans on Route 10. You will have time to shop and lunch. Sign-up is required.

Movie Matinee

Friday, October 20th, the movie *Going in Style*, starring Morgan Freeman, Alan Arkin and Michael Caine will be shown at 1 pm in Felmeth Hall *RB Boye Community Room*. Sign-up is required.



Cheated out of their pensions, three senior citizen friends decide to extract justice from the system by robbing a bank and then heading for Las Vegas. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail.

Chubb Bingo

Our favorite group will be here for an afternoon of Bingo Tuesday, October 24th at 1 pm in Felmeth Hall *RB Boye Community Room*. Fun, prizes and delicious desserts! Sign-up is required.

Meet the Candidates

Join us Tuesday, October 24th at 3:30 pm at V12 for ice cream and a roundtable chat with candidates for the local Bernards Township Committee. Candidates John Carpenter, Jim Baldassare, Sally Booth and Joan Harris will join us. This is a good way to get to know the local folks and to hear about what's going on in town! Please sign up in advance so we are sure we have enough ice cream!

Chester Area

Thursday, October 26th, the bus will leave at 11:30 am for the Chester area. You will have time to shop in the local stores, have lunch and maybe treat yourself to an ice cream cone. On the way home, we will stop at the Flanders Dollar Store. Sign-up is required.

Cards Anyone?

Uno, Phase 10, Skip Bo? Saturday, October 14th at 2 pm join us for card games in Felmeth Hall *RB Boye Community Room*. Everyone is welcome.

Sunday Games

Join the fun on Sunday afternoon, October 22nd at 2 pm in Felmeth Hall RB Boye Community Room. Everyone is invited.



is open to all levels and all types of hand crafts. The group meets Monday, October 9th, 16th, 23rd & 30th. All donated handcrafts for the Bazaar will be priced on Monday, October 30th.

Bingo

Bingo will be played in Felmeth Hall RB Boye Community Room, Friday October 6th, 13th & 27th at 1 pm. Friday, October 27th will be our special Dollar Store Bingo with “Fabulous prizes.”

ACORN Collators & Distributors

November ACORNS will be collated on Tuesday, October 31st at 9 am in Felmeth Hall RB Boye Community Room. Distributors can pick up their village after 9:30 am.

Foot Care

Dr. Brown will be here Tuesday, October 17th & 24th. Dr. Geller’s next visit will be Tuesday, October 10th. 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.



Games

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

Happy Hookers

Knitting & crocheting group meets in Felmeth Hall RB Boye Community Room Annex, starting at 10:30 am. The group



Charlie Church Mouse Corner

Prayer Group
Prayer Group meets in Felmeth Hall RB Boye Community Room Annex, Thursdays at 3 pm.

Bible Study

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

Mass

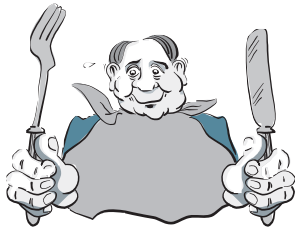
Monsignor Capik will say Roman Catholic Mass on Monday, October 9th at 8:30 am in Felmeth Hall RB Boye Community Room. All faiths are welcome!

Blessing of Our Pets

Father Rick, of St Mark's Episcopal Church will be blessing our pets on Thursday, October 5th at 10 am on the V12 patio. Bring your pet on a leash. All pet owners (past and present) and pet lovers are welcome to attend.

Senior Luncheon

Senior Luncheon at Millington Baptist will be Friday, October 20th, 12 noon to 2 pm. The program will be *The Mediterranean Diet*. 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.



OUR EXPANDING WORLD



Activities outside Ridge Oak

5K Run, Walk, Cheer



Sunday, October 8th, Liberty Corner Presbyterian Church will hold their fourth annual 5K Run/Walk/Cheer. Ridge Oak is proud to be a sponsor of the race. You can be part of this special event:

- 9:30 am Worship Service
- 10:30 am Race Starts
- 11:30 am After Race Picnic

Net proceeds collected will go to:

- PAUSE Ministries - Faith-based programs that offer encouragement, hope, healing and restoration.
- Community in Crisis – Works to create a community united in the fight against the opioid and heroin crisis.

St. James Microbrew Tasting

This event being sponsored by the St. James Men of Charity and will be held on Saturday, November 4th at 6:30 pm features 15 craft brewers. These are the same great guys who feed our residents pancakes with all the fixings in the

spring of each year. Tickets are on sale after each Mass starting on Sunday, October 1st. The cost of a ticket in advance is \$45.

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. For information, call 908-204-3031.

Each month we ‘spotlight’ some of the programs.

- Big Screen Thursdays – Thursdays; Noon to 3 pm. October 5, 12, 19, 26. Month-long October Film Series featuring releases, all based on true stories, you may have missed. Visit www.BernardsLibrary.org for schedule.
- Organically Yours – Open Yourself to A Vibrant Healthy Life Through Clean Living: Thursday, October 5; 7 pm. Presenter: Patricia Diesel. Registration requested.
- Friday Art Series with Barbara Tomlinson – A 4-week art series. Fridays, October 13, 20, 27; 10:30 am. Advance registration required with check \$30 resident/\$60 non-resident. Visit BernardsLibrary.org for registration instructions.

- Somerset Hills Kennel Club – Saturday, October 14; 10:30 am. Calling all Dog Lovers. Somerset Hills Kennel



Club will bring dogs to the library. All ages welcome.

- Ecuador and The Galapagos Islands – Tuesday, October 17; 7 pm. A Nature Oriented Travelogue. Presenters: Becky & Phil Witt, nature photographers and Associate Naturalists at NJ Audubon, Scherman-Hoffman Wildlife Sanctuary.

Registration requested.

- Daytime Book Discussion: Wednesdays at 10 am; October 18 (The Wright Brothers by David McCullough). No registration required.
- Coyote Cries – An EEC Outreach Program. Wednesday, October 25; 7 pm. Presenter: Vanessa Darras, Naturalist at the Somerset County Park Commission’s Environmental Education Center. Registration requested.

VNA Rummage Sale

VNA Rummage Sale is held at Far Hills Fair Grounds. Sale dates are October 6th & 7th (9:30 am to 3:30 pm) and October 8th (12:30 pm to 3:30 pm). Admission and parking are free. Be prepared for large crowds. This famous Rummage Sale held every fall and spring at the

Fairgrounds in Far Hills is New Jersey's largest and oldest. As a major fundraiser for the VNA, 100% of the proceeds support the VNA's hospice and respite programs and assure care for those who are uninsured or underinsured.

Urgent Care

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

CVS Pharmacy

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

Somerset County Transportation Services




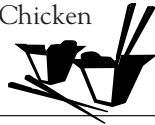









Transportation is provided for medical appointments, to senior centers and for grocery shopping. Appointments must be arranged well in advance by calling 908-231-7116.

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 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
Church BUS	9 Sign-ups 9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Games 5 DINNER Chicken	9 BUS YMCA 9 Flu Clinic 12 BUS Bernardsville 1 Balance V12 5 DINNER Eggplant Parmesan	10:30 St Mary's Bingo 5 DINNER Roasted Turkey 	9 BUS YMCA 10 Blessing of Our Pets V12 11 BUS Bernardsville 5 DINNER Kielbasa w Kraut	9:45 BUS Stirling & Gillette 11 Balance V12 1 Bingo 5 DINNER Swedish Meatballs	
Church BUS 1 Ridge High Games	8:30 Mass 9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Games 5 DINNER Chicken Pot Pie	9 BUS YMCA 9:45 BUS Bernardsville 5 DINNER Lemon Breaded Stuffed Flounder 	9:45 BUS Lyons 5 Birthday DINNER Meatloaf 	9:30 Madison Library Concert 5 DINNER Asian Delite General Tsao's Chicken 	9:45 BUS Stirling & Gillette 1 Bingo 5 DINNER Baked Manicotti w Meatballs	2 Cards Anyone?
Church BUS	9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Games 5 DINNER Crab Cakes 	9 BUS YMCA 9:45 BUS Bernardsville 10 Hand Chimes V12 1 Low Vision Program 5 DINNER Plum Ginger Chicken	9:45 Walk in a Park 11:30 New Wegmans 5 DINNER Baked Ham 	9 BUS YMCA 9:45 BUS Bernardsville 5 DINNER Meat Lasagna 	9:45 BUS Stirling & Gillette 1 Movie Matinee 5 DINNER Stuffed Cabbage 	
 Church BUS 2 Sunday Games	9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Games 5 DINNER Pasta Bolognese	9 BUS YMCA 9:45 BUS Bernardsville 10 Hand Chimes V12 1 Chubb Bingo 3:30 Meet Candidates 5 DINNER Coconut Shrimp	9:45 Walk in a Park 11:30 BUS New Providence 5 DINNER Apricot Chicken w Roasted Pecans	9 BUS YMCA 10 Blood Pressure Clinic 11 Chester Area 12 LUNCH Reuben Panini 	9:45 BUS Stirling & Gillette 1 Bingo 5 DINNER Stuffed Peppers 	
Church BUS	9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Games 5 DINNER Cavatelli & Broccoli	9 BUS YMCA 9:45 BUS Bernardsville 10 Hand Chimes V12 5 DINNER Chicken Parmesan 				

OCTOBER