

# ACORNS

VOLUME 41, ISSUE 10 OCTOBER 2018

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

908/221-0266

FAX: 908/221-0042

[www.ridgeoak.org](http://www.ridgeoak.org)

## Updates

**The site lighting** replacement project is well underway. This is a big job that requires you to pay attention to where you walk! Old site lighting will be maintained and will go on and off as usual until the new light fixtures are ready to be powered up. Be very cautious around work areas. Do not walk through areas that are taped or coned off. Do not walk on the grass. Take a longer walk to stay on a sidewalk.

**Village 3** laundry room renovation project is underway. Village 1 is next!

## Bed Bug Follow Up

**For those** who were unable to attend the Bed Bug educational program offered by Bernards Township Health Department on Tuesday, September 11th

you can stop by the Ridge Oak office and ask for a copy of the presentation.

**If you suspect** you have bed bugs DO NOT spray pesticides. DO NOT panic. DO NOT start ripping your bed apart and laundering. Call our office right away and maintenance will inspect. We will engage our pest control company as needed.

**Try to prevent** bed bugs from “hitch-hiking” with you or on you, here are a few tips:

- Avoid carrying a pocket book or tote bag.
- When visiting friends, family and/or any hotel, put your luggage, pocket-books and totes in a bathtub. Never put on a bed or on a nearby piece of furniture.
- Vacuum, vacuum, vacuum and get all the nooks and crannies!



## Heating Up

**Boiler pumps** (that move hot water through the baseboards) in ALL villages will only turn ON when the outside temperature falls below 70 degrees. We cannot provide demand response heat for those that feel a chill when it is 70 or above outside.

**If you live** in villages 1-11 (the original garden style apartments) before you call the office to complain check the temperature outside and then “exercise” your thermostat—you need to turn the dial all the way up and down 6 or 7 times to get the mechanical valve inside the thermostat to open. Put it at the highest temperature, if after 30 minutes there is no change call us.

**In Village 12, 1A & 9A** turn your thermostat up or down to adjust the room temperature. Your thermostats are electronic and heat flow should simply adjust based upon the thermostat setting.

## Push Ups for Your Soul

**Taking care** of your soul is as important as taking care of your body. We are thrilled to announce that clergy from St. James Catholic Church will come here on the 4th Tuesday of each month to say Catholic Mass. This month Mass will be on Tuesday, October 23rd at 9 am.

**We have been** blessed to have Monsignor Capik here to say Mass for us. We will still see Monsignor Capik since he will fill in for St. James clergy as needed. After 60+ years of service as a priest he DOES deserve to enjoy a little bit of his retirement!

**Also, remember** Father Rick Morley from St. Mark’s Episcopal Church is here monthly as well; usually on the 1st Thursday. However, this month he will be here on Thursday, October 11th at 10 am at Village 12 to Bless our Pets! ALL residents are welcome to ALL religious services regardless of faith!



## Baby Bottle Brigade Challenge

**In August** and September many of you filled a baby bottle with spare change as part of the Baby Bottle Brigade Challenge. We sent \$689.03 to the Center for Great Expectations developmental center called Katy’s Place. The Center supports homeless, addicted pregnant women and young mothers to build a new, sober and healthy life with their child! Thank you for your generosity.



## Election Day Made EASY

**Election Day** is Tuesday, November 6th. Felmeth Hall 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 October 30th.

**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 16th.

**Questions?** Call Somerset County Clerk at 908-541-1289.

### Did You Know?

**Local and state** fire code prohibits the long-term use of extension cords. Replace ALL extension cords with grounded (with a 3-prong plug) surge protectors and you NEVER attach surge protectors to surge protectors.

## Strange Car

**If we see** a car parked on Ridge Oak property (including 35 Lindbergh Lane) for more than a day or so that does not belong to a resident or a staff person we get suspicious and we WILL call the police. Cars of family and friends cannot just be left on Ridge Oak property. All of Ridge Oak is private property. Call the office to let us know if someone is visiting overnight so we can make a note of it just in case of an emergency.

## 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 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.



## Wii Play

**There will be** no Wii play in October. Stay tuned for updates!

## 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.



Name \_\_\_\_\_

October Special  
\$5 off any haircut

One coupon per customer. Must be turned in at time of service. Cannot be combined with any other coupon offer.

## Computer Room Classes

**Russ Archer** will have computer classes Tuesday, October 2nd & 16th, 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*

**The Bazaar** has not even happened yet (at the time of writing the October ACORNS) but the excitement is already building. It takes much more than any one person or any one village to make the Bazaar a reality. To our bakers, sorters, cleaners, wrappers, donors, negotiators, translators, hookers, quilters, staff, doll house builders, royal Long Islanders, bean counters, drivers, movers, family, friends and shoppers, THANK YOU!

Occupancy - *Christine, Patrice & Helen*

### Disposal of Assets

Each year at your annual recertification appointment you will be asked if you or a family member gave money to another family member (not living in your

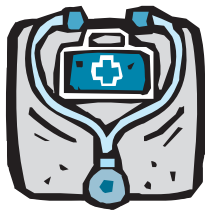
apartment) for a total amount of \$1,001 or more. Some examples are:

- You give weekly amounts to your church and the annual amount is \$1,040.
- You give your son \$500 and you give your daughter \$600 for a total of \$1,100.
- Your grandchild is graduating from college and you give them a gift of \$1,500.
- You pay for your son/daughter's monthly car payment of \$325 for a total annual amount of \$3,900.

**You must report** when you give money away (more than \$1,001) and receive nothing in return. If you have questions about this, please call the Occupancy Department at 908-221-0266.

From Wellness Nurse  
*Gail Bechtold RN*  
VNA of Somerset Hills

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



**Gail will take** blood pressures and discuss health concerns with you on Thursday, October 18th at 11 am in Felmeth Hall RB *Boye Community Room*.

From Supportive Housing  
*Corey*

**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 October**

Wednesday, October 3rd – Kielbasa and Apple Kraut will be served along with Perogies and Sour Cream. Yum!

**Wednesday**, October 17th – Come join us for Birthday Dinner! Spare Ribs, Cole Slaw, Baked Beans and Corn Muffins are on the menu. Save room for cake!

**Thursday**, October 25th – We will serve Pork Chop with Herbed Stuffing. A favorite meal of our regular diners.

**Wednesday**, October 31st – Halloween Dinner! Bacon Cheddar Quiche will be served along with Vegetable Bisque and Signature Slaw. Feel free to wear your costumes!

Housekeeping

**Why not** book an appointment with our wonderful housekeepers? Call the office and speak to Corey to find what time slots are available and about your co-pay amount.



## 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.

## 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. Units will be tested in October.

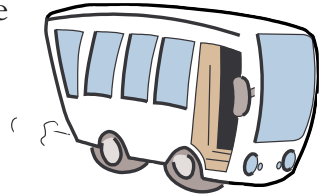


If you will not be home, please leave your pendant out so it can be tested. It is important that all units are working properly in case of emergency.

## Church Bus Schedule

**Our Sunday** bus driver, Chris, makes several runs on Sunday mornings to accommodate local church services. Stand out on Manchester Drive and the bus will pick you up as it passes. Village 12 residents are picked up after Manchester Drive residents.

- 8:30 am for the 9 am service at St. James Roman Catholic Church
- 8:30 am for the 9 am service at Basking Ridge Presbyterian Church Chapel



## 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*

**Wednesdays** - Walk in a Park

**Tuesdays & Fridays** - Better Balance

**Tuesday, October 2nd** - Raffle Drawing

**Thursday, October 4th**

Hudson Valley Trip

**Monday, October 8th** - Taste of Italy

**Tuesday, October 9th** - Flu Clinic

**Wednesday, October 10th**

Evening of Bingo

**Thursday, October 11th**

Blessing of the Pets

**Friday, October 12th**

Patterson Falls & Rutt's Hut

**Wednesday, October 17th**

FIRE DRILLS

**Thursday, October 25th**

Movie Matinee

**Wednesday, October 31st**

Chubb Bingo

**Wednesday, October 31st**

Homeless Solutions

**Friday, November 2nd**

Meet the Candidates



## Walk in a Park

**Weather** permitting, we will take walks in local parks. This month, the walks will be Wednesday, October 3rd, 10th & 24th. The bus will leave at 9:45 am and return in time for the shopping bus at 11:30 am. Wear comfortable clothes and footwear. Friendly dogs (under your control and on a leash) and their human walkers are welcome to join us.

## Balance

### **Body, Brains & Balance**

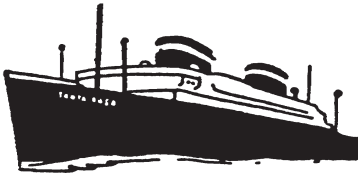
**Move It** or Lose It! Classes are held 2x a week, generally on Tuesdays & Fridays in V12. Check your calendar for days and times. Balance classes include exercises for strength, flexibility, coordination and range of motion. We practice "Controlled Instability." Fear of falling is a bully. Fight to remain independent longer. Anyone is welcome.

## Raffle Drawing

**Who won?** Did I win anything? Tuesday, October 2nd at 10 am the Bazaar door prize and raffle winners will be drawn in Felmeth Hall. Stop by to see if you won!

## Hudson Valley Trip

**Thursday**, October 4th, a charter bus will leave Ridge Oak at 10 am for the Hudson Valley. We will have lunch at the River's Edge and then board the River Rose for a two-hour cruise on the Hudson. Sign-up is required.



**Cost** of the trip is \$35. No refunds will be issued for no-shows. You will be billed for this activity in November.

## Taste of Italy

**Everyone loves** the Italians! Your host and hostess, Nick and Netta, (or as they say in Italian, “hostess e hostess incantevole e bello”) want everyone to enjoy the history, sounds and tastes of Italy. Join us as we celebrate Italian style on Monday, October 8th at 12 noon. There will be a speaker, an Italian tasting menu and music by Italian tenor Salvatore Chiarelli.

**Sign-up** starting Monday, October 1st. The program cost is \$5. If you sign up and you cannot attend, then you must cancel by 11 am on Friday, October 5th or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in November.

## Flu Clinic

**No need** to make a special visit to the doctor! Get your flu shot in Felmeth Hall *RB Boye Community Room*! The Visiting Nurse Association of Somerset Hills will hold a flu clinic at Ridge Oak (for residents only) on Tuesday, October 9th from 9 am to 12 noon. The formula this year covers four different strains! There will not be any pneumonia vaccinations this year. Medicare Part B covers the cost of the flu shot. If you have a Medicare HMO/ Medicare Advantage, you must pay \$25 for the flu shot. You must call the office to sign up for your flu shot. Bring your Medicare card, on October 9th. If you forget your Medicare card, you will be sent home to get it and may lose your appointment slot. We cannot accommodate requests for specific appointment times! Also, since we schedule groups of ten residents every 15 minutes, you cannot be taken earlier than your scheduled appointment. Please do not come to the hall early – there will not be a place to sit and wait. If you need a ride on the transporter, please let us know.





## Evening of Bingo

**The youth group** from Basking Ridge Presbyterian Church will be here on Wednesday, October 10th at 6:30 pm for an evening of Bingo. Sign-up is required.

## Blessing of the Pets

**Father Rick** Morley will be at V12 on the patio at 10 am on Thursday, October 11th for the Blessing of the 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.

## Patterson Falls

**Friday**, October 12th, the bus will leave at 10 am for Patterson Falls. The Great Falls of the Passaic River is a prominent waterfall, 77 feet high, on the Passaic River. One of the United States' largest waterfalls, it played a significant role in the early industrial development of New Jersey. It has also been designated as a National Historic Landmark District.

**After the falls**, we will stop at Rutt's Hut for lunch, known for its style of deep-fried hot dogs. The original process of frying causes the hot dog casings to crack and split, which has led to the nickname "Rippers". The original roadside stand was opened in 1928. Rutt's Hut has been featured on the PBS special A Hot Dog Program and the Travel Channel's Deep-Fried Paradise. It is also listed in the book 1,000 Places to See in the USA and Canada Before You Die. Sign-up is required.

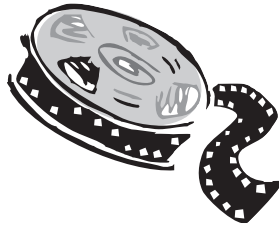
## Fire Drills

**We need** your attention for this important safety review and fire drill. Fire drills will be held Wednesday, October 17th:

Villages 1-11 in Felmeth Hall at 10 am  
Village 12 in community room at 11 am  
Village 1A in 2nd floor solarium at 1 pm  
Village 9A in 2nd floor solarium at 2 pm

## Movie Matinee

**Thursday**, October 25th, the movie, *Won't You Be My Neighbor*, will be shown at 1 pm. Sign-up is required.



**For over 30** years, Fred Rogers, minister, puppeteer, writer and producer, was beamed daily into homes across America. In his beloved television program, *Mister Rogers' Neighborhood*, Fred and his cast of puppets and friends spoke directly to young children about some of life's weightiest issues. There hadn't been anything like Mr. Rogers on television before and there hasn't been since.

## Chubb Bingo

**Our favorite** group will be here for an afternoon of Bingo on Wednesday, October 31st at 1:30 pm in Felmeth Hall. Prizes will be given to residents who dress in the spirit of Halloween! Delicious desserts! Sign-up is required.

## Homeless Solutions

**Wednesday**, October 31st, Halloween, the Ridge Oak bus will leave at 4:15 pm to serve a meal to the residents at Homeless Solutions in Morris Plains. Homeless Solutions offers "a hand-up, not a hand out" to people and families in

need. We need five residents to bake desserts and five residents to serve the meal. We can no longer accept donations of cooked food, only delicious desserts! Sign-up is required.

## Meet the Candidates

**Join us** for a sweet treat Friday, November 2nd at 3:30 pm at V12 for a roundtable chat with candidates running for elected office. This is a good way to get to know the candidates and to talk about issues important to you. Please sign up.

## Games Anyone?

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

Saturday, October 20th at 12:30 pm join us for games in Felmeth Hall. This activity is for Ridge Oak residents only.

## ACORN Collators & Distributors

**Wednesday**, October 31st, November Acorns, will be ready for collating at 9:30 am. Distributors can pick up their village after 10 am.

## Happy Hookers

**There will be** NO HAPPY HOOKERS Monday, October 8th. Knitting & crocheting group meets in Felmeth Hall RB *Boye Community Room Annex*, starting at 10:30 am on Monday,

October 1st, 15th, 22nd & 29th. If you would like to learn how to knit or crochet, stop by on any Monday.

## Games

**There will be** NO GAMES on Monday, October 8th. Scrabble, Tiles, and other card games in the Felmeth Hall Monday, October 1st, 15th, 22nd & 29th at 1 pm. Bring a friend or two to play!

## Bingo

**Bingo** will be played at 1 pm in Felmeth Hall Friday, October 5th, 19th & 26th.

**There will be** a special evening Bingo Tuesday, October 10th and Halloween Bingo Wednesday, October 31st. Sign-up is required for special Bingos.

## Foot Care

**Dr. Brown** will visit in November. Dr. Geller's next visit is Tuesday, October 9th. 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 mediate billing and/or payment issues.



For Your Spiritual Wellness  
ALL RESIDENTS regardless of their faith are welcome to attend any religious service or activity held at Ridge Oak!

### Mass

A member of St. James Catholic Church clergy will be here to celebrate Roman Catholic Mass Tuesday, October 23rd at 9 am in Felmeth Hall. All faiths welcome!

### Episcopal Service

Father Rick Morley, of St Mark's Episcopal Church, will hold an ecumenical service Thursday, October 11th at 10 am in Village 12. This is a special service for Blessing of the Pets. Everyone welcome, with or without a pet!

### Rosary

Rosary Prayer Group meets in Felmeth Hall *RB Boye Community Room Annex*, Thursdays at 3 pm. Dates subject to change based on the group's conscience. All faiths are welcome!

### Bible Study

Bible Study meets at 10 am Fridays in Felmeth Hall *RB Boye Community Room Annex*. Dates are 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. All faiths are welcome!



# OUR EXPANDING WORLD

Activities outside Ridge Oak



## The Library Corner

**Bernards Township** Library on Maple Avenue offers many programs and a great book collection. Call 908-204-3031 ext. 116 to register for a program. Some of the programs this month:

**Thursdays**, starting October 4th. *Big Screen Thursdays*, film series with 12 noon screening each Thursday. The first feature is “All the Money in the World,” program is free, no registration required.

**Fridays**, starting October 5th. *Friday Night at the Opera* presented by Dr. Robert Butts from 7:30 to 9 pm. Admission \$5, can be paid at the door.

**Wednesday**, October 10th. *The World of Wine*: An introduction program offered at Bernards Township Library, 7 – 8 pm. Presenter: Mark Vogel, chef, culinary instructor, food writer.

**Wednesday**, October 17th. *Daytime Book Discussion* 10 -11 am. Featured book: *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis* by J.D. Vance.



## VNA Rummage Sale

**VNA Rummage Sale** is held at Far Hills Fair Grounds, October 5th & 6th (9:30 am to 3:30 pm) and October 7th (12:30 pm to 3:30 pm). Admission & parking are free. Be prepared for large crowds. This famous Rummage Sale held every fall and spring 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.

## Suburban Music Study Club

**Thursday**, October 11th, the monthly concert will be at 10:30 am at Madison Library. The program features duets, Soprano and piano. Starting in December, our bus will take interested residents to the monthly concerts, followed by a stop at Whole Foods in Madison.

## Sands Casino Trip

**Spring Ridge** Social Club has a trip to Bethlehem PA Tuesday, October 16th. Cost is \$25. The bus will leave Spring Ridge Clubhouse at 9:30 am. Contact Elissa Madson at 908-350-7166 to sign up.

## Senior Luncheon

**Millington** Baptist Church’s Senior Pot Luck Luncheon will be October 19th from 12 noon to 2 pm. The performers are the Pettet Sisters, offering a wide





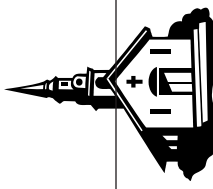

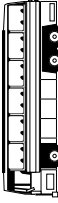

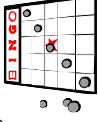
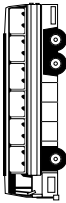
range of music with a message. Bring your favorite dish to share. For more information call the church office at 908-647-0594.

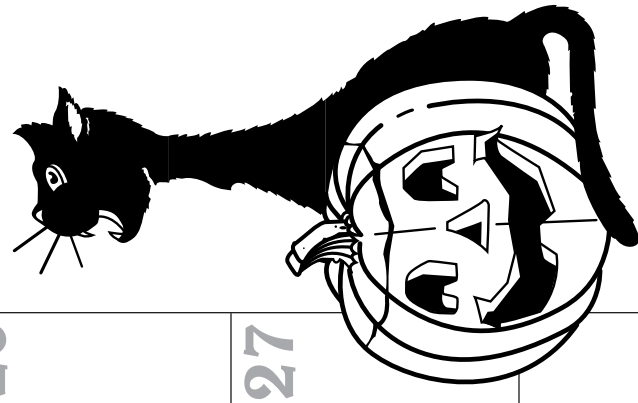
## Urgent Care

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














## 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.

<b>Sunday</b>	<b>Monday 1</b> Sign ups 9 ESL 9:45 BUS Stirling & Gillette 10:30 Happy Hookers	<b>Tuesday 2</b> 9 BUS YMCA 10 Raffle Drawing 11 BUS Bernardsville	<b>Wednesday 3</b> 9:45 Walk in a Park 11:30 BUS Lyons 1 Balance V12	<b>Thursday 4</b> 10 Hudson Valley Trip 3 Rosary 	<b>Friday 5</b> 9:45 BUS Stirling & Gillette 10 Bible Study 11 Balance V12 1 Bingo	<b>Saturday 6</b>
<b>7</b> Church BUS	<b>8</b> 9 ESL 9:45 BUS Stirling & Gillette 12 Taste of Italy 	<b>9</b> 9 BUS YMCA 9 Flu Clinic 11 BUS Bernardsville 1 Balance V12 	<b>10</b> 9:45 Walk in a Park 11:30 BUS New Providence 1 Miss Steppers V12 6:30 Evening of BINGO	<b>11</b> 10 Blessing of the Pets V12 11 BUS Bernardsville 1 Balance V12 3 Rosary	<b>12</b> 10 Patterson Falls Bible Study 	<b>13</b>
<b>14</b> Church BUS 	<b>15</b> 9 ESL 9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Games 	<b>16</b> 9 BUS YMCA 9:45 BUS Bernardsville 	<b>17</b> Fire Drills 	<b>18</b> 9 BUS YMCA 9:45 BUS Bernardsville 11 Blood Pressure Clinic 3 Rosary	<b>19</b> 9:45 BUS Stirling & Gillette 10 Bible Study 1 Bingo 	<b>20</b> 12:30 Games Anyone?
<b>21</b> Church BUS	<b>22</b> 9 ESL 9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Games	<b>23</b> 9 BUS YMCA 9 Mass 9:45 BUS Bernardsville 10 Miss Steppers V12 1 Balance V12	<b>24</b> 9:45 Walk in a Park 11:30 BUS Lyons 	<b>25</b> 9 BUS YMCA 9:45 BUS Bernardsville 10 Miss Steppers V12 1 Movie Matinee 3 Rosary	<b>26</b> 9:45 BUS Stirling & Gillette 10 Bible Study 11 Balance V12 1 Bingo	<b>27</b>
<b>28</b> Church BUS	<b>29</b> 9 ESL 9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Games	<b>30</b> 9 BUS YMCA 9:45 BUS Bernardsville 10 Miss Steppers V12 1 Balance V12	<b>31</b> 9:45 BUS Lyons 1:30 Chubb Bingo 4:15 Homeless Solutions			



# OCTOBER ACTIVITIES

<p><b>Sunday</b></p>	<p><b>Monday 1</b></p> <p>Lettuce Wedge w Blue Cheese &amp; Bacon <b>Shrimp &amp; Scallops</b> Rice Pilaf Red Velvet Cake</p> 	<p><b>Tuesday 2</b></p> <p>Tomato Soup <b>Beef Meatloaf</b> Gravy Mashed Potatoes Steamed Carrots Apple Pie</p>	<p><b>Wednesday 3</b></p> <p>Tri Color Salad <b>Kielbasa &amp; Apple Kraut</b> Pierogies Sour Cream Rice Pudding</p> 	<p><b>Thursday 4</b></p> <p>Pesto Pasta Salad <b>Chicken Marsala</b> Grilled Asparagus Potato Torte Chocolate Cream Pie</p> 	<p><b>Friday 5</b></p> <p>Tossed Salad <b>Eggplant Parmesan</b> Italian Bread Mini Pastry Platter</p> 	<p><b>Saturday 6</b></p>
<p><b>7</b></p> <p>Vegetable Bisque <b>Pulled Pork Slider</b> Baked Beans Signature Slaw Seven Layer Cake</p> 	<p><b>8</b></p> <p>Shrimp Cocktail <b>Grilled Salmon</b> Creamed Spinach Basmati Rice Pound Cake w Fresh Fruit</p> 	<p><b>9</b></p> <p>Goat Cheese &amp; Greens Salad <b>Chicken Picatta</b> Rice Pilaf Peas w Mushrooms Strawberry Shortcake</p>	<p><b>10</b></p> <p>LUNCH Crunchy Vegetable Salad <b>Beef Chili</b> Sour Cream/Cheddar Cheese Corn Muffins Blueberry Pie</p> 	<p><b>11</b></p> <p>ASIAN DELIGHT Egg Roll <b>General Tso's Chicken</b> Rice &amp; Vegetables Almond Cookies</p> 	<p><b>12</b></p> <p>Surprise Salad <b>Pork Loin</b> Roasted Red Potatoes Green Bean Almondine Carrot Cake</p>	<p><b>13</b></p>
<p><b>14</b></p> <p>Lobster Bisque <b>Panko Tilapia</b> Garlic Mashed Potatoes Balsamic Glazed Carrots Cheesecake</p>	<p><b>15</b></p> <p>New England Clam Chowder <b>Stuffed Flounder</b> Green Beans w Shallots Roasted Potatoes Cherry Pie</p> 	<p><b>16</b></p> <p>Sesame Noodle Salad <b>Beef Brisket</b> w Potatoes &amp; Carrots Dinner Rolls Marble Cake w Ice Cream</p>	<p><b>17</b></p> <p>BIRTHDAY DINNER Creamy Cole Slaw <b>Spare Ribs</b> Baked Beans Corn Muffins Birthday Cake</p> 	<p><b>18</b></p> <p>LUNCH <b>Pizza</b> Tossed Salad Cupcakes</p> 	<p><b>19</b></p> <p>Tri Color Salad <b>Cavatelli w Broccoli</b> Sausage Italian Bread Chocolate Pudding</p> 	<p><b>20</b></p>
<p><b>21</b></p> <p>Manhattan Clam Chowder <b>Coconut Shrimp</b> Brown Rice Pilaf Sautéed Corn w Onions Very Berry Pie</p>	<p><b>22</b></p> <p>Tortellini Pasta Salad <b>Plum Ginger Chicken</b> Baked Sweet Potato Balsamic Glazed Brussel Sprouts Lemon Cookies</p>	<p><b>23</b></p> <p>Protein Packed Salad <b>Stuffed Peppers</b> Seasonal Vegetables Rye Bread Brownies &amp; Ice Cream</p>	<p><b>24</b></p> <p>HALLOWEEN DINNER Vegetable Bisque <b>Bacon Cheddar Quiche</b> Signature Slaw Halloween Cupcakes</p>	<p><b>25</b></p> <p>Pickled Beets w Onions <b>Pork Chop</b> Herbed Stuffing Grilled Asparagus Corn Muffins Chocolate Cake</p>	<p><b>26</b></p> <p>Caesar Salad <b>Chicken Parmesan</b> Penne Pasta w Marinara Cannoli</p> 	<p><b>27</b></p>
<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>	<h1>OCTOBER MEALS</h1>		

