

ACORNS

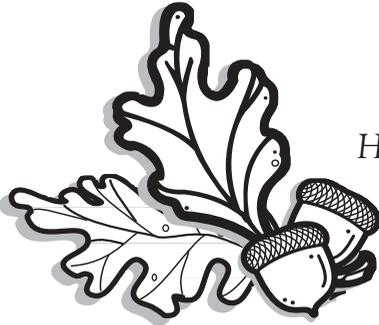
VOLUME 40, ISSUE 9 SEPTEMBER 2017

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

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*Hello September, the winds of change can really be beautiful!
I love the fall & can't wait for the leaves to change!
I love the colors, the crispness in the air and sound
of leaves crunching underfoot*

Autumn begins Friday, September 22nd

Office Closed

The office will be closed on Monday, September 4th for Labor Day. Walk up to town and enjoy the bike races. Olde Mill Inn sponsors the adult cycling races, presented by Liberty Cycle of Basking Ridge, starting at 7 am and followed at 12 noon by the children's races.

The Name Means Something

When we rededicated Felmeth Hall in November of 2015 after a BIG renovation, we also "named" our community room the *RB Boye Community Room*. Since the seed of an idea to build Ridge Oak was planted in 1967, Robert "Bob" Boye

has been with us for the duration. He had a year or two "off" but he has always been a supporter of our community and our expansion that includes Ridge Oak II and Ridge Oak III. This is just a small way we chose to honor Bob and his commitment to our community. When we refer to our meal & activity gathering place in Felmeth Hall as the *RB Boye Community Room*, you will know where to go and what a very special place it is!

Bazaar Blast

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 Monday, November 6th at 10 am. This year's prizes are wonderful! We are offering the following items:

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

Be In It to Win It

Is \$20 REALLY a lot to Ask?



Two books of raffle tickets will be distributed later this month to each Ridge Oak resident. The \$20, donated for two books of tickets, directly impacts Ridge Oak's contribution to the Basking Ridge Rescue Squad. Ridge Oak keeps no money from the raffle. We rely on the Basking Ridge Fire Company Number 1 Emergency Medical Squad to provide our residents with emergency medical assistance and subsequent transport to area hospitals as needed. We know that money can be tight for many of our residents. However, think about all the times the rescue squad has come when you or a neighbor needed them!

Did you know that the Basking Ridge Volunteer Rescue Squad members are 100% volunteer? The squad relies heavily on the generous donations of Ridge Oak and our township residents. All money raised goes towards everyday

items such as oxygen replenishment, medical supplies/equipment, vehicle maintenance, ongoing annual training and the other numerous costs associated with keeping the equipment, firehouse & squad building operational.

Please do your part by buying or selling both books of raffle tickets this year just because it is the right thing to do. All raffle ticket sale proceeds go to support the following organizations:

- Basking Ridge Volunteer Rescue Squad
- Visiting Nurse Association of Somerset Hills
- Bernards Township Police Programs

If you need more raffle books, contact your Village Raffle Captain or the office. When you sell, or buy a book of tickets, write your name on the book cover and return it to the office or to your Village Captain with the money collected. This way we can keep track of all books sold by residents.

Residents Meeting

Friday, September 8th, there will be a Residents Meeting at 10 am in Felmeth Hall *RB Boye Community Room*. Join your friends and neighbors for a cup of coffee, hear the latest updates at Ridge Oak and enjoy our speaker, Jim DelGiudice.

April 6, 1917: America Enters the Great War and New Jersey Enters the 20th Century

As World War I began, New Jersey supplied the Allies in Europe with both the products of its new found industrial might as well as the sacrifices of its great citizens from Woodrow Wilson to Joyce Kilmer. In this lecture, photojournalist, Jim DelGiudice will discuss events from 100 years ago, that still reverberate in our state today.

Christmas for a College Kid

Many of our residents met our summer maintenance assistant Brandon Falzon. He is a student from Penn State University and lives locally. He is now back in school. Many of you asked over the summer if you could “tip” Brandon. We do not allow any staff to take a tip but we will put out a Christmas gift box in the Felmeth Hall lobby area during September for you to drop a monetary (cash only) gift that we will turn into a VISA gift card for Brandon. Notes to Brandon are welcome too! We will send it to him at school with an early Christmas card with all your good wishes.

Thank you for supporting our efforts to recognize a nice young man for a job well done.



Computer Room News

Russ Archer will provide computer room tutorials to interested residents on Tuesday,

September 5th & 19th 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.



Send a Note

For those who attended the Wizard of Oz show at Bishop Janes United Methodist Church, please send a note of thanks for the tickets set aside especially for us:

Lyn Stake

Bishop Janes UMC Missions

22 S. Finley Ave.

Basking Ridge, NJ 07920

The Magic Shop

Magic Shop, a full-service hair salon open for men and women, 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.

Bug Business

We have a responsibility to educate residents about reporting apartment pests to the office so we can inspect and treat as needed. One of the most problematic pests are bed bugs. These insects are “hitch hikers” they come in to apartments in luggage, pocket books and clothing. A bed bug problem has **NOTHING** to do with good or bad housekeeping. Once bed bugs are in your apartment they will hide until you are asleep when it is quiet and your body emits carbon dioxide. This is when they bite. They leave a trail of blood (it usually looks brown) on the sheets or in the “nooks and crannies” of a mattress or box spring. Bed bugs are usually dark brown and flat. As they mature, and become engorged with blood, they are more easily visible. They move fast when disturbed or a light is shined on them.

Here are some tips to help “prevent” bed bugs from invading your space:

- Vacuum your apartment and bedding frequently. Put a bit of baby powder in the vacuum cleaner bag. This will suffocate any bug that is sucked up by the vacuum. Change your vacuum cleaner bags frequently. Put baby powder on your floor and suck it up with the vacuum. Powder in the hose will suffocate any lingering bugs.

- **NEVER** pick up roadside furniture or items from the trash and put them in your apartment.
- Keep clutter inside your apartment to an absolute minimum. Bed bugs love to hide in warm, dark places.
- If you buy things from a thrift shop be sure to thoroughly vacuum the item (even the inside of drawers) before taking it into your apartment. Bed bugs (and their eggs) are often hidden in every corner and crevice of a piece of furniture. Bed bug eggs look like grains of salt.
- Used clothing or bedding should **ALWAYS** be laundered in **HOT** water before you take it into your apartment.
- If you have been traveling, empty your suitcase outside. Put clothes in closed plastic bags for laundry (in **HOT** water) and thoroughly vacuum out the suitcase.
- Consider getting a bed bug bag for your mattress and your box spring. They need to be put on and put in place carefully so they do not tear. Bed bugs **WILL** find a hole in a ripped mattress bag or box spring bag to hide. These bags are available at Bed Bath & Beyond or Amazon.
- If you **THINK** you have bed bugs, **DO NOT** spray with any pesticide. This will only result in them running. It will not kill them. Call the office for an inspection to be done.

Scam Alert

Beware of phony Social Security government “agents” that are calling people to try to steal benefits by tricking people into revealing personal information over the phone. NEVER reveal ANY personal information to anyone over the phone. That includes banking, social security or identification information. If someone calls you hang up! Better yet, don’t answer if you do not recognize the phone number. Scams should be reported to the NJ Division of Consumer Affairs at -1-800-242-5846.

From the Executive Director
Bonnie

You are responsible for your pet plus any pet that visits the property with a family member or friend who is visiting you. Animals must be on a leash and always under the control of a human. Everyone is responsible for picking up their animal’s poop. Residents walking on the property who might be hard of hearing or unsteady on their feet can easily be startled by an animal that walks up behind them or is not being controlled by their owner.



Occupancy - *Christine, Patrice & Helen*

Annual Recertification Tips

Do NOT delay in collecting your financial documents when you receive your “1st Reminder Notice” of your upcoming rent review. For example, if you have life insurance, contact the company and request in writing the current cash value of each of your policy(ies) AND the MOST recent anniversary dividend.

When you receive this information, be sure they gave you both pieces of information. If NOT, contact the Life Insurance company again and request both pieces of information in writing.

If you sold your house or closed an account:

- Sold house – closing statement that shows how much you received.
- Closed bank account – statement that shows that the account is closed.
- Cashed in bonds or stocks – bring in documentation to show that the bonds/stocks were cashed in.

We cannot finish your new rent amount if you do NOT have updated (within 120 days of your appointment) financial documents (bank accounts, etc.) and income information.

From Social Services - *Elaine*

It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes up short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who, at the best, knows in the end the triumph of high achievement and who at the worst, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat. —Teddy Roosevelt

10 Reasons to Never Give Up

Some of the greatest athletes, entrepreneurs and minds are people no one knows about because at one point they gave up. The process of going from being an under achiever to over achiever is extremely painful, challenging, and annoying but the final product is priceless.

Whatever your goal, whether it be losing weight, trying to learn a new language or just becoming a better version of you—never give up!



10 reasons why you should never give up.

1. **It's easy** to find a reason to quit.

No matter how good or bad your life is going, you can always find an excuse to give up. But it works the other way too. If you look for a reason to keep going, you can find that too.

2. **When you quit**, you send the message that you never thought you could do it in the first place. Actions speak louder than words. No matter what they hear you say, people will watch what you do.

3. **Some people will be glad** that you quit. Unfortunately many people you know will hope for you to give up. Your dedication to your goal will remind them of their own unrealized potential. Rather than proving your doubters right, let your dedication inspire.

4 **You'll never know** what would have happened if you stuck it out. You know what happens if you give up—you end up right where you started. The hard part is having the vision to see the reward that lies at the end of the race.

5. **The consequences of quitting** are a lot higher than sticking it out. No matter how high a price you'll pay to keep going, the price of abandoning your dreams carries the greater cost.

6 **When you quit**, you set a mental precedent to quit again. Think about a person who has tried to diet and failed several times. Their belief in their ability

to lose weight is actually diminished by each abandoned attempt. Quitting and perseverance are both habit forming.

Which habit do you want to develop?

7. **Anything worthwhile** takes time, sacrifice, and effort. The more difficult the challenge, the more rewarding the victory. The most meaningful accomplishments in life are those that don't come quickly or easily.

8. **You're a lot closer** than you think you are. Many people give up not realizing that success is right around the corner. There are not always clear markers in achieving a difficult goal. The finish line could be just around the next bend.

9. **The process shapes you** before success rewards you. Setting difficult goals will stretch you, teach you perseverance and ultimately build your belief in yourself. It is the process that develops you. Greatness doesn't come overnight, but it is forged by every inch of progress we fight for in pursuit of a worthwhile goal.

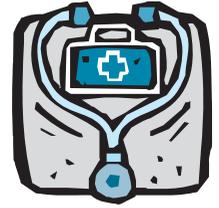
10. **Life is a lot more fun** when you're in the hunt for something. We only get one life to live. When you're fighting for a cause, a dream, or something greater than yourself you will find the enthusiasm, passion and joy that makes life a great adventure. The key is identifying your cause.

From Wellness Nurse

Karen Ellis RN

VNA of Somerset Hills

Karen will take blood pressures and discuss any health concerns with you on Tuesday, September 5th at 12 noon in Felmeth Hall.



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.

Flu Clinic

No need to make a special visit to the doctor! Get your flu shot in the 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 3rd 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 pay \$25 for the flu shot. You must call the office to sign up for your flu shot. Bring your Medicare card, on October 3rd. 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.

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 about receiving VNA services at home. Services include nursing and therapies (Physical, Occupational and Speech) as well as medication and home health aide assistance.

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

From Supportive Housing
Jill

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.

Residents love to come for dinner to enjoy the company of others and to have a well-balanced meal. Although every meal may not be to your liking, please refrain from unpleasant comments regarding the food. Please be positive and enjoy the experience. If you have something on your mind about a food item or the menu, please call or see Jill in the office.

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 SEPTEMBER

Monday, September 4th – NO MEAL – OFFICE CLOSED FOR LABOR DAY

Tuesday, September 5th – Panko Breaded Tilapia served at 5 pm in Felmeth Hall RB *Boye Community Room*.

Thursday, September 7th – “Breakfast for Dinner” at 5 pm in Felmeth Hall RB *Boye Community Room*. Join us for

Taylor Ham & Egg Sandwich along with some tasty breakfast sides!



Friday, September 8th – LUNCH – Join us at 12 pm for a tasty Pulled Pork Sandwich with Sweet Potato Fries!

Monday, September 11th – Asian Delite will serve delicious shrimp and broccoli along with white rice at 5 pm.

Wednesday, September 13th – BIRTHDAY DINNER – Join us at 5 pm in Felmeth Hall RB *Boye Community Room* for a tasty Spare Rib Dinner and to wish your friends and neighbors a Happy Birthday with a Black & White Cake with Cannoli Filling and Vanilla Icing.



Tuesday, September 19th – 5 pm in Felmeth Hall RB *Boye Community Room*, our entrée will be Beef Meatloaf. Join us for this yummy comforting dish.

Thursday, September 21st – LUNCH – It's Beef Burrito time! Join us at 12 pm for this tasty treat along with Mexican Rice! There's always enough leftovers to take home!

Tuesday, September 26th – Join us for some finger lickin' good Fried Chicken at 5 pm in Felmeth Hall RB *Boye Community Room*.

Plan Ahead All You Birthday Babies – Our October Birthday Dinner will be held on Wednesday, October 11th at 5 pm in Felmeth Hall RB *Boye Community Room*. Join us in wishing your friends and neighbors a Happy Birthday while we serve Beef Meatloaf along with Chocolate Cake with Chocolate Mousse Filling and Chocolate Icing!

Housekeeping

If you haven't tried our housekeeping services with our wonderful housekeepers, please do so! You'll be glad you did! Why do it yourself? 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. For questions about meal or house-keeping 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. Care Fund subsidizes meals, personal care, Adult Day Care Services, and Persys Medical Alert Systems. No Care Fund dollars are used for parties, recreation events, or administrative expenses! Many thanks to the people who have made recent donations to the Care Fund.

PERSYS Units

PERSYS (Personal Emergency Response System) is an electronic device that lets you summon help in an emergency. The transmitter is worn around the neck or wrist and sends a signal to the telephone. When emergency help is needed, the PERSYS user presses the button and rescue squad, police and emergency phone numbers are called. Units are monitored by an alarm company. Our units are owned by Ridge Oak, and residents are billed for monitoring. PERSYS units have truly been “lifesavers” for those who have had an emergency and cannot reach the phone. Maintenance staff is responsible for installing and testing units. If you want to sign up for this medical alert service, call Elaine at the office to process the paperwork. Units will be tested again on Thursday, September 21st. 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.

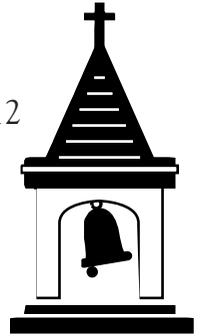


Church Schedule

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. The 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

Tuesdays & Fridays

Balance Classes Continue

Wednesday, September 6th

New Providence Area

Monday, September 11th

Seeing Eye Visit

Thursday, September 14th - Friendly's

Tuesday, September 19th

Jefferson House

Thursday, September 21st

Seeing Eye Campus

Friday, September 22nd

Hickory Tree Quartet

Monday, September 25th

Sea Turtles

Tuesday, September 26th

Hand Chimes

Wednesday, September 27th

Bardy Farms

Wednesday, September 27th

Movie Matinee

Thursday, September 28th

Fall Prevention Awareness

Looking Ahead to October

Tuesday, October 3rd - Flu Clinic

Wednesday, October 4th

St. Mary's Bingo

Thursday, October 5th

Blessing of the Pets

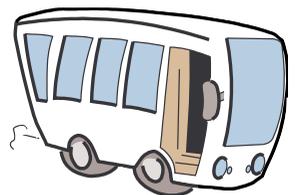
Better Balance

Our culture expects older people to decline, not move—to be “set in their ways” and not try new things. But research has shown that the brain learns and changes throughout our lives. We must exercise our brains to keep them growing. This is best done by coordinated movement—activities that combine movement with cognitive skills.

Brains, Body & Balance classes continues Tuesdays at 1 pm and Fridays at 11 am in V12. Wear comfortable clothes and footwear. Please check the calendar for any changes in the schedule. Ready, Steady, Balance....

New Providence Area

The bus will leave on Wednesday, September 6th at 12 noon for New Providence. You will have time to shop at the local stores, shop the ACME, lunch at



one of many restaurants and visit the local Farmers Market that does honor the Jersey Fresh certificates. Sign-up is required.

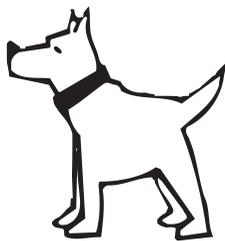
Seeing Eye Visit

Monday, September 11th, the Seeing Eye of Morristown will visit Ridge Oak at 10:30 am in Felmeth Hall *RB Boye Community Room*. Thursday, September 21st we will go to their campus in Morristown. Sign-up is required.

The Seeing Eye is a philanthropic organization whose mission is to enhance the independence, dignity, and self-confidence of blind people using Seeing Eye® dogs.

In pursuit of this mission, The Seeing Eye:

- Breeds and raises puppies to become Seeing Eye dogs (or obtains them occasionally by purchase or exchange);
- Trains Seeing Eye dogs to guide blind people;
- Instructs blind people in the proper use, handling, and care of the dogs;
- Conducts and supports research on canine health and development.



Friendly's

Do you miss Friendly's in Bernardsville? Their ice cream was always one of the best! On Thursday, September 14th, the

bus will leave at 1:30 pm for Friendly's in Morristown. Sign-up is required.



Jefferson House

Tuesday, September 19th, the bus will leave at 10 am for Jefferson House on Lake Hopatcong for their Hawaiian Luau. Lunch buffet includes: teriyaki pork loin, Hawaiian pineapple glazed ham, coconut chicken, Polynesian ravioli, potato, vegetables and dessert and coffee. Weather permitting, we will take a narrated boat ride. Prizes for the best Hawaiian outfit! The cost is \$32 per person. Sign-up is required.

Sign up starting Friday, September 1st. Cost of the trip is \$32. If you sign up and you find that you cannot attend, then you must cancel by 11 am on Friday, September 15th or you will be billed for your spot. No refunds will be issued for cancellations after 11 am on Friday, September 15th or for no-shows. You will be billed for this activity in October.

Seeing Eye Campus

Thursday, September 21st, the bus will leave at 9:15 am for the Seeing Eye campus in Morristown. The cost per person is \$5. Sign-up is required. Sign up starting Friday, September 1st. The program cost is \$5. If you sign up and then you find that you cannot attend,

then you must cancel by 11 am on Wednesday, September 20th or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in October.

Hickory Tree Quartet

One of our residents has a daughter who sings with the Hickory Tree Chorus! On Friday, September 22nd, a small quartet from the group, will perform at 6:30 pm in Felmeth Hall RB Boye Community Room. Sign-up is required.

Sea Turtles

Join us on Monday, September 25th at 1:30 pm in Felmeth Hall RB Boye Community Room as we visit, via video-conferencing, sea turtle patients recovering at a rescue center in South Texas! Learn about threats facing endangered sea turtles and what Sea Turtle, Inc. is doing to help! Speak with a marine biologist about ocean conservation and meet some of the sea turtle patients like Fred, Allison or Merry Christmas.

Sign up starting Friday, September 1st. Program cost is \$3. If you sign up and cannot attend, then you must cancel by 11 am on Friday, September 22nd or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in October.

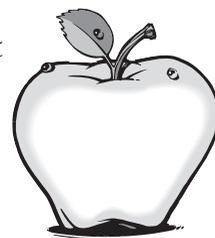
Hand Chimes

We are looking for residents who have played or would like to learn how to play Hand Chimes. On Tuesday, September 26th at 10 am in Village 12 we will have a Welcome Back/ Introductory lesson. Hand Chimes does require a weekly commitment. Regular practices will begin in mid-October. Sign-up is required.

Hand chimes are musical instruments like hand bells. They are rung using the hands, and many hand bell techniques can be applied to hand chimes.

Bardy Farms

Wednesday, September 27th, the bus will leave at 10 am for Bardy Farms in Warren. This is a family run Farm that takes great pride in their fresh produce and everything they sell in their farm market. They do not honor the Jersey Fresh certificates. Sign-up is required.



Movie Matinee

Wednesday, September 27th – The movie *Gifted* will be shown at 1 pm in Felmeth Hall RB Boye Community Room.

When his sister dies, 30-something bachelor Frank Adler assumes the care of her 7-year-old daughter. But his plans to raise her are threatened when the child reveals herself to be a math prodigy, and his mom suddenly gets involved.

Fall Prevention Awareness

Fall Prevention Awareness Day (FPAD) is held in September. The theme of the event will be Standing Together to Prevent Falls. This event raises awareness about how to prevent fall-related injuries among older adults.

Ridge Oak will offer a special program on Fall Prevention with speakers, handouts and giveaways on Thursday, September 28th at 1 pm in Felmeth Hall RB Boye Community Room. Sign-up is required.

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 will serve lunch fare such as hotdogs, hamburgers, cheese-steak sandwiches, cabbage and noodles, french fries, baked goods, coffee, tea.

Blessing of the Pets

Father Rick Morley will be at V12 on the patio at 10 am on Thursday, October 5th 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.*

Afternoon of Cards

Uno, Phase 10, Skip Bo? Saturday, September 9th join us for card games at V12 at 2 pm. This is a good time to share a favorite card game or learn a new one. Everyone is welcome.

Sunday Afternoon of Games

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

ACORN Collators & Distributors

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

Monday Afternoon of 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 at in Felmeth Hall RB *Boye Community Room Annex* starting at 10:30 am. The group is open to all levels and all types of hand crafts. The group will meet Monday, September 18th & 25th.

Bingo

Bingo will be played in Felmeth Hall RB *Boye Community Room* Friday September 1st, 15th, 22nd & 29th at 1 pm.

Foot Care

Dr. Brown will be here 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.



Charlie Church Mouse Corner

Prayer Group

Prayer Group meets in Felmeth Hall RB *Boye Community Room* 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.

Roman Catholic Mass

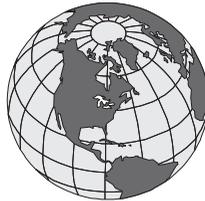
Monsignor Capik will say Mass on Monday, September 18th at 8:30 am in Felmeth Hall RB Boye Community Room. All faiths are welcome!

Ecumenical Service

Father Rick, of St Mark's Episcopal Church will hold an ecumenical service on Thursday, September 7th at 10 am in Felmeth Hall RB Boye Community Room Annex. All faiths are invited. If you are looking for a church, stop by and meet Father Rick, you will like his service.

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. The library has books and magazines written in Chinese. If requested, they can order books in other languages from Morristown. If you would like information, please call 908-204-3031.

Each month we will 'spotlight' some of the programs.

- Knit & Crochet Circle: Tuesdays at 10 am; September 5, 19. Bring your

current project and join others in sharing tips, techniques, and ideas.

No registration required.



- The Desperados – Eagles Tribute Band: Sunday, September 17; 2 pm. Live country rock concert. Registration requested.

- The Irish Impact on the American Presidency: Thursday, September 21; 7 pm. Presenter: Nicole Anderson Yanoso. Registration requested.

- Daytime Book Discussion: Wednesdays at 10 am; September 20 (Lolita by Vladimir Nabokov). No registration required.

- Family History Interest Group (FHIG): Tuesdays at 6:30 pm; September 26. No prior experience tracing genealogical roots is necessary. No registration required. All welcome.

- Friday Night at the Opera with Dr. Robert Butts: Fridays at 7:30 pm; September 22. Pay \$5 at the door. Sponsored by the Friends of the Bernards Township Library.

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. Donations are accepted September 9th – 27th from 10 am -1 pm.

Notable Notes

St. Hubert's Giralda is dedicated to the humane treatment of animals. The organization provides services that support the human-animal bond and seeks to foster an environment in which people respect all living creatures.

During the Dog Days of Summer in August, many of our residents arrived at Felmeth Hall with donations of food, toys, bedding and clothes for St Hubert's and stayed to enjoy the grilled hot dogs and a movie. Thank you to everyone who made the afternoon a success for the dogs and cats in need.

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.

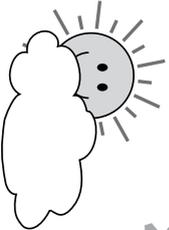
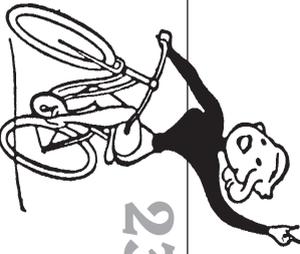
The Active Older Adults Program at Somerset Hills YMCA meets in Gagnon Teen/Community Center on the lower level each Tuesday & Thursday from 9 am to 2:30 pm. They offer social activities, lectures, aquatics and wellness activities including cardio, strength and flexibility.



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 more information, call 908-760-8888.

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Church BUS</p> <p>3</p> <p>Office Closed</p> 	<p>Monday</p> <p>10:30 Seeing Eye Visit</p> <p>11</p> <p>12 BUS Stirling & Gillette</p> <p>1 Games</p> <p>5 DINNER Asian Delite Shrimp & Broccoli</p>	<p>Tuesday</p> <p>9 BUS YMCA</p> <p>9:45 BUS</p> <p>5</p> <p>Bernardsville</p> <p>12 Blood Pressure</p> <p>1 Balance V12</p> <p>5 DINNER Panko Tlapia</p>	<p>Wednesday</p> <p>9:45 BUS Lyons</p> <p>12 New Providence Area</p> <p>5 DINNER Chicken Francaise</p> 	<p>Thursday</p> <p>9 BUS YMCA</p> <p>9:45 BUS</p> <p>7</p> <p>Bernardsville</p> <p>10 Ecumenical Service</p> <p>11 Balance V12</p> <p>5 DINNER Taylor Ham & Egg Sandwich</p>	<p>Friday</p> <p>9:45 BUS Stirling & Gillette</p> <p>11 Balance V12</p> <p>1 Bingo</p> <p>5 DINNER Pork Loin</p>	<p>Saturday</p> <p>2 Afternoon of Cards V12</p> 
<p>Church BUS</p> <p>10</p> <p>10:30 Mass</p> <p>9:45 BUS Stirling & Gillette</p> <p>10:30 Happy Hookers</p> <p>1 Games</p> <p>5 DINNER Baked Ham</p>	<p>10:30 Seeing Eye Visit</p> <p>11</p> <p>12 BUS Stirling & Gillette</p> <p>1 Games</p> <p>5 DINNER Asian Delite Shrimp & Broccoli</p>	<p>10 Jefferson House</p> <p>5 DINNER Beef Meatloaf</p> 	<p>9:45 BUS Bernardsville</p> <p>1 Balance V12</p> <p>5 DINNER Chicken Kiev</p> 	<p>9 BUS YMCA</p> <p>9:45 BUS</p> <p>14</p> <p>Bernardsville</p> <p>1:30 Friendly's</p> <p>5 DINNER Vegetable Lasagna</p> 	<p>9:45 BUS Stirling & Gillette</p> <p>11 Balance V12</p> <p>1 Bingo</p> <p>5 DINNER Stuffed Cabbage</p> 	<p>16</p>
<p>Church BUS</p> <p>17</p> <p>8:30 Mass</p> <p>9:45 BUS Stirling & Gillette</p> <p>10:30 Happy Hookers</p> <p>1 Games</p> <p>5 DINNER Baked Ham</p>	<p>9 BUS YMCA</p> <p>9:45 BUS</p> <p>12</p> <p>Bernardsville</p> <p>1 Balance V12</p> <p>5 DINNER Chicken w/ Sautéed Spinach & Jarlsberg</p>	<p>9:45 BUS Bernardsville</p> <p>1 Balance V12</p> <p>5 DINNER Chicken Kiev</p> 	<p>9:15 Seeing Eye Campus</p> <p>12 LUNCH Beef Burrito</p> 	<p>9:45 BUS Stirling & Gillette</p> <p>11 Balance V12</p> <p>1 Bingo</p> <p>5 DINNER Crab Cakes</p> <p>6:30 Hickory Tree Quartet</p>	<p>22</p>	<p>23</p> 
<p>Church BUS</p> <p>24</p> <p>9:45 BUS Stirling & Gillette</p> <p>10:30 Happy Hookers</p> <p>1 Games</p> <p>1:30 Sea Turtles</p> <p>5 DINNER Pasta Bolognese</p>	<p>9 BUS YMCA</p> <p>9:45 BUS</p> <p>26</p> <p>Bernardsville</p> <p>10 Hand Chimes</p> <p>1 Balance V12</p> <p>5 DINNER Fried Chicken</p>	<p>10 Bardy Farms</p> <p>1 Movie</p> <p>5 DINNER Shrimp & Scallops</p> 	<p>9 BUS YMCA</p> <p>9:45 BUS</p> <p>28</p> <p>Bernardsville</p> <p>1 Fall Prevention Awareness</p> <p>5 DINNER Pork Chops w Apple Stuffing</p>	<p>9:45 BUS Stirling & Gillette</p> <p>11 Balance V12</p> <p>1 Bingo</p> <p>5 DINNER Stuffed Peppers</p>	<p>29</p>	<p>30</p>