

ACORNNS

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

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www.ridgeoak.org

Office Closed

The office will be closed on Monday, September 2nd for Labor Day.

National Good Neighbor Day

Studies show that loneliness and isolation are as bad for health as smoking. On Saturday, September 28th why not make some connections. Invite someone over for coffee. Check on a neighbor. It will be good for your health and theirs. When people connect, they affect each other's lives positively.

Be in It to Win It

**Is \$20 REALLY
a lot to Ask?**

Two books of raffle tickets will be distributed early September to each Ridge Oak resident. The \$20, donated for two books



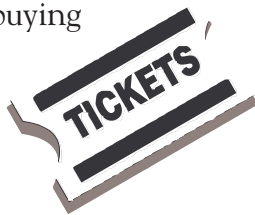
of tickets, directly impacts Ridge Oak's contribution to Basking Ridge Rescue Squad. Ridge Oak keeps no money from the raffle. We rely on Basking Ridge Fire Company Number 1 Emergency Medical Squad to provide our residents with emergency medical assistance and subsequent transport to area hospitals as 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 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 toward everyday items—oxygen replenishment, medical supplies/equipment, vehicle

maintenance, ongoing annual training and other costs associated with keeping the equipment, firehouse & squad building operational year after year.

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 PBA #357

BAZAAR

The 2019 Bazaar will be Friday, October 18th & Saturday, October 19th from 9 am to 3 pm. Mark your calendars. Please pass the word to friends and family. Raffle and door prize winners will be drawn on Tuesday, October 22nd at 10 am.

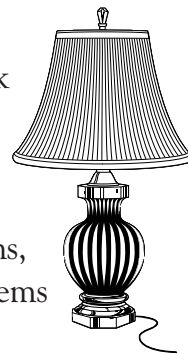
This year's prizes are wonderful! We are offering the following items:

- Queen Size Homemade Quilt
- Insignia 55" UHD Fire TV Edition
- Apple Watch Series 4

BAZAAR Donations

We accept clean, gently used items for our sale. Our storage and sale space is limited so we must limit what we can accept for our sale.

Household items may be dropped off at the Ridge Oak office. We accept dishes, silverware, glasses, pots, pans, "chachki", jewelry and SMALL wood furniture items, collectibles, vases, serving items etc. We DO NOT accept medical equipment, books, VCR's, TV's, microwaves, printers, computers, curio or display cabinets, patio furniture sets, large ceramic items or planting pots, beds, bedding, soft furniture, used clothing, shoes, pocket books, luggage, large furniture or entertainment centers.



Capital Projects Continue

The following laundry room renovations are DONE; 1, 2, 3, 4, 5 and 10. Village 6 is underway and villages 7 and 11 are next. Thank you for your patience.

The roofers are moving along nicely although predictions of thunderstorms will delay their progress. Village 4 is underway and Village 5 will follow. Please be safe and smart. Walk around work areas staying on sidewalks!

Can You Imagine?

What would you have done when you were 17 years old if you found yourself pregnant and homeless? What if your



granddaughter or great granddaughter found themselves in trouble?

The Center for Great Expectations offers a residential treatment program for pregnant and parenting adolescents and their children. The adolescent clients they serve have experienced childhood trauma including: physical and/or sexual abuse, emotional abuse, neglect, traumatic loss, domestic violence, human trafficking, homelessness and poverty. Many have spent their lifetime in the foster care system and many of the adolescents have mental health disorders.

You can help support this wonderful program by donating your change or a few dollars the next time you are in Felmeth Hall. We will visit the Center later in the year to see the program in action.

Bug Buzz

Bed bugs do not fly or jump. They are crawlers. They are super small and hard to see. Full grown adult bed bugs are about the size of a pin head. Their eggs look like salt granules. They procreate and spread quickly. If you see black or brown stains on your sheets or mattress, do not assume it is nothing. Just call us for an inspection to be done. We know what to do.

Student Assistant

Danielle, our office assistant will start college in September. Starting the week of September 9th she will work on Thursdays from 3 pm – 5 pm. Danielle, who speaks Mandarin, is here for residents who would like to ask a question about an activity or meal or would like to discuss a specific concern with a Ridge Oak staff member.

學生翻譯

楊德妮將在九月開始上大學。從9月9日那周開始，她將在星期四下午3-5點到在辦公室為您們服務。如果有關於報名活動或餐飲的問題，或是要跟工作人員討論某些事項，請到辦公室找德妮。謝謝！

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 at 908-221-1222. Tell Sabrina if you need a ride on the transporter. Residents are billed for salon services by the Ridge Oak office at the end of each month. Please tip the stylist after each service.





Computer Room Classes

Do you need tech help? It is as easy as signing up for a computer class with Russ. Learn something new or brush up on what you know. Learn how easy it is to connect to family via the computer or to play games on the computer when you are stuck inside.

Russ Archer will have computer class on Tuesday, September 3rd & 17th between 2:30 pm – 4 pm. Sign-up is required.

The computer room will be CLOSED to other computer users during class times.



Do You Know? from Russ

The United States Mint is the unit of the Department of Treasury responsible for producing coinage for the United

States; it does not print paper money. Since its inception in 1792, it has produced coins in several cities. Currently, it produces coins in 4 cities.

Question 1. What are these 4 cities? In the past, the mint also produced coins in several other cities.

Question 2. How many of these other cities can you name?

Answers on last page

From the Executive Director *Bonnie*

We have great activities planned every day for residents to enjoy. If you have a question about a specific event call the Ridge Oak office and ask to speak with Connie. She will “rope you in” before you know it. Loneliness is not a requirement of aging. Even a ride on the Ridge Oak bus can lift your spirits and will give you a chance to connect with your neighbors. Reach out and ask. Connect with us!

Occupancy - *Christine, Patrice & Helen*

Many of you have friends and family that have asked! Word of mouth is the #1 way people hear about our facility. Unfortunately, we are not accepting any applications at this time for any apartments. We are still working off “old” waiting lists. Once those waiting lists

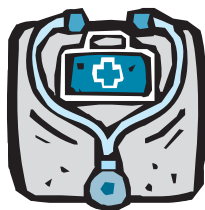
are depleted we will announce wait list openings. Anyone interested should contact our office directly. Thanks for passing the word about our wonderful community!

From Wellness Nurse

Gail Bechtold RN

VNA of Somerset Hills

Gail Bechtold is the Visiting Nurse Association (VNA) Wellness Nurse here at Ridge Oak. Gail is



available on-site Tuesdays & Thursdays and can be reached by calling the Ridge Oak office.

Gail will take blood pressures and discuss any health concerns with you Thursday, September 26th 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 September

Tuesday, September 3rd – Join us for Caesar Salad, Meat Lasagna, Broccoli Rabe, Italian Bread and Mini Pastries.

Thursday, September 12th –

Celebrate September birthdays with us! We will serve Roast Turkey, Stuffing, Green Beans, Fingerling Potatoes,



Cranberry Sauce and Birthday Cake.

Tuesday, September 17th – Halfway to St. Patrick's Day celebration! Corned Beef & Cabbage, Carrots, Parsley Potatoes and Rye Bread. We will feature some special musical entertainment as well.

Friday, September 27th – Lamb Shanks, Potato Leek Torte, Creamed Peas and Butter Pound Cake with Fresh Berries will be served.

Housekeeping

When you have a house-keeping appointment scheduled during the warmer months, please turn on your air conditioner to cool off the apartment before the housekeeper arrives at your door!



If you are interested in finding out more about our housekeeping services, please call the office and speak to Corey.

Care Fund

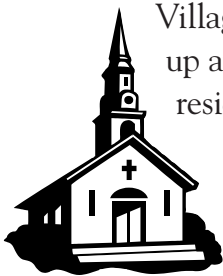
Care Fund subsidizes meals, personal care, Adult Day Care services, and Persys

Medical Alert Systems. Many thanks to the people who have made recent donations to the Care Fund.

Church Bus Schedule

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.

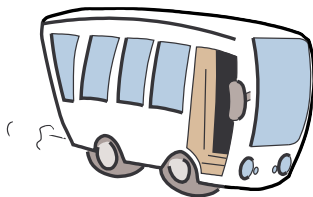


- 8:30 am for 9 am service at St. James Roman Catholic Church

- 9 am for 9:30 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

Wednesday, September 4th - Pokeno

Thursday, September 5th - Alpha

Friday, September 6th

Verona Park Walk & Lunch

Tuesday, September 10th

Knock Out Drug Abuse

Wednesday, September 11th

St Mary's Bingo

Tuesdays and Fridays - Better Balance

Friday, September 13th - Chester Area

Wednesday, September 18th

Church Visit

Saturday, September 21st

Dump Your Stuff

Tuesday, September 24th - New U

Wednesday September 25th

Flu Clinic

Wednesday, September 25th - Bunco

Friday, September 27th - Dental Van

Wednesday, October 2nd

Columbus

Pokeno

Wednesday, September 4th, join us for Pokeno at 2 pm. Bring 100 pennies (2 rolls) with you. No experience required. A little bingo, a little poker and lots of fun. Sign-up is required.

Alpha

Starting Thursday, September 5th, at 1 pm, Father Rick from St Mark's Church, will lead an eight-week program called Alpha. Sign-up is required.

Alpha is a space to discuss life's biggest questions and explore the very basics of the Christian faith in an open forum. Alpha began in England in 1977. It's now been attended by millions of people in 169 countries, translated into 112 different languages, and runs in almost every corner of the global church, including the Catholic Church, the Orthodox Church, and all mainline Protestant denominations. It has been designed to help people who have never gone to church, and who have very little understanding of the Christian faith. However, many long-standing churchgoers have said how helpful it's been to them too. Everyone is invited. Each



week there will be coffee and treats, a talk and some time for discussion.



Verona Park Walk & Lunch

Friday, September 6th, weather permitting; the bus will leave at 12 noon for beautiful Verona Park. After our walk, we will stop by Cloverleaf for a late lunch. Bring money for lunch. Sign-up is required.

Knock Out Drug Abuse

Come for coffee and a chat! Join us on September 10 at 10 am in Felmeth Hall for a presentation by the Partnership for a Drug Free NJ. Get tips on how to talk with your children, grandchildren and doctor about the dangers of prescription drug abuse. Learn how to keep medications secure and how to properly dispose of unused medications. These are just some of the keys to preventing medication misuse that can lead to addiction. Sign-up required.

St. Mary's Bingo

Wednesday, September 11th, the bus will leave at 11 am for St. Mary's Church in Manville. There are a variety of Bingo games. You decide on how many cards and extra games you want. It is suggested

that you bring at least \$5 for games. There is a kitchen on-site that offers food items to purchase.

Better Balance Stand Tall, Don't Fall

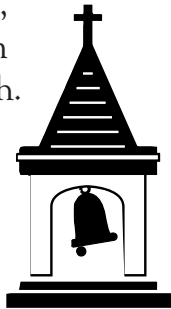
Connie will resume Better Balance classes starting Friday, September 13th at 11 am in V12. All levels of fitness are welcome. Sign-up is required.

Chester Area

Friday, September 13th, the bus will leave at 12 noon for a late lunch, walking and shopping in Chester and then on to the Dollar Store in Flanders. Sign-up is required.

Church Visit

Wednesday, September 18th, the bus will leave at 10:45 am for Millington Baptist Church. Learn about the history of the Baptist Church, their faith traditions and their special relationship to Ridge Oak. Sign-up is required.



Dump Your Stuff

Do you have an old chair you hate and want to dump? Have some paper that can't be put into the trash and need to be shred? Sick and tired of those old, ugly plastic chairs on your patio? Clothes

or shoes you never wear? Have an old computer or printer that you cannot get rid of on your own?

Saturday, September 21st between 9:30 am and 11:30, a group of "hearty" volunteers from Somerset Baptist Church will be on site to pick up and remove any unwanted furniture, bagged clothing and shoes, electronics or paper (for shredding) from your apartment. This is FREE to Ridge Oak residents only. You will need to call our office at 908-221-0266 no later than Thursday, September 19th to sign up and let us know what you have to be removed so we can help organize the volunteers. You must be home when the volunteers come to your door. They will NOT be given access to your apartment if you are not home. Our own Shannen Rivers will coordinate this event for the Ridge Oak residents and the church volunteers.

New U

Agging is not lost youth but a new stage of opportunities and strength.

Growing, Learning, Connecting, Sharing

Join us on Tuesday, September 24th at 1:30 pm for our new program called "New U". Each month we offer a new program that will inspire you to grow stronger, more confident and help you

feel more in control of your life. The programs will be informative, entertaining, interesting and new, with demonstrations, hand-outs, tastings, drawings and more. This month, Cheryl Komline from the Health department will play Bones Bingo. Sign-up is required. The more you attend, the more you can win!

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 Wednesday, September 25th 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 with you to the clinic. 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.

Bunco

Join us on Wednesday, September 25th at 2 pm. A fun game to learn and play. All you need is \$3 to play. Sign-up is required.

Dental Van

The van will be here Friday, September 27th at 9 am. Call the Ridge Oak office if you would like to make an appointment and to pick up the forms needed for your first visit.

We have been so lucky to have the fully equipped, affordable and convenient Zufall Mobile Dental Van visit our property. Services are subsidized! Next month the van is scheduled for Wednesday, October 16th.

At your first dental visit you will receive a clinical exam, x-rays, and treatment plan. Patients are then scheduled for an appointment for a cleaning or periodontal scaling based on the condition of their gums. All patients should bring a current list of medications, allergies, hospitalizations, and



medical problems for the first visit and inform the dentist of any changes at future visits.

Christopher Columbus

The Shame in the Glory

Wednesday, October 2nd at 2 pm, we will visit with Christopher Columbus, via LIVE video-conference technology in Felmeth Hall RB *Boye Community Room*. The program cost is \$3. If you sign up and cannot attend, you must cancel by 11 am on Monday, September 30th 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.



Games Anyone?

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

Cards & games gathering will now be twice a month. This month you will have the opportunity to play Saturday, September 14th & 28th at 12:30 pm. Stop by and join your friends.

We have a new resident asking for residents who would be interested in playing Bridge. Tell Connie if you may be interested.

ACORN Collators & Distributors

Monday, September 30th, October Acorns will be collated at 9:30 am and ready for village distributors after 10 am.

Happy Hookers

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

Wii Play

Wii Play is open to any resident on Mondays, starting September 16th. Stop by any time between 11 am and 3 pm. A great way to learn how to bowl or to improve your game.

Bingo

Bingo will be Friday, September 20th & 27th at 1 pm in Felmeth Hall RB *Boye Community Room*.

Foot Care

Dr. Geller will visit Tuesday, October 8th. Call his office directly at 908-281-9002 to schedule a visit. Dr. Brown will also visit in October. Call the Ridge Oak office for a visit by Dr. Brown.



For Your Spiritual Wellness

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

Episcopal Service

Father Rick Morley, of St Mark's Episcopal Church, will hold a service Thursday, September 5th at 10 am. Call that morning if you need a ride.

Bible Study

Bible Study will meet Friday, September 6th & 20th 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 for notes.

Catholic Mass

A member of St. James Catholic Church clergy will be here to celebrate Roman Catholic Mass Tuesday, September 24th at 9 am in Felmeth Hall RB *Boye Community Room*. All faiths are welcome! Call the day before if you need a ride.

Rosary

Rosary Prayer Group meets in Felmeth Hall RB *Boye Community Room Annex*, Thursdays at 3 pm. Dates subject to change based upon Ridge Oak's schedule or the group's conscience. 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:

Thursday, September 5th - Adult Chair Yoga – Pamela Nixon, Certified Yoga Instructor will lead a 45-minute class of guided relaxation, breathwork and seated stretching/ poses from 10:30 to 11:15 am.

Sunday, September 8th - Jazz Meets The Beatles – Jazz artist Maggie Worsdale will join us to sing some of the most popular Beatles tunes 2 to 3 pm.

Tuesday, September 10th - Composting – A Master Gardeners Program with Lorna Fletcher, Rutgers Master Gardener 7 to 8 pm.

Tuesday, September 17th - Winter Solitude – A Photo Lecture from 7 to 8 pm.

Stunning photos by photographer David ResRochers of the winter landscape in some of the coldest places on earth.



Thursday, September 19th - Hawk Migration - Learn about hawk migration throughout New Jersey from 7 to 8 pm.

Monday, September 23rd - Emily France, Victorian Classicist – activist of the late 19th century involved in women’s legal rights and education 7 to 8 pm.

Thursday, September 26th - Great Storms of the Jersey Shore – discussion by authors Margaret Thomas Buchholz and Scott Mazella from 7 to 8 pm.

Somerset Hills VNA

Aging In Their Own Space: Tips for Caregivers

Aging-in-place involves being able to remain in the home of one’s choice. Come learn about common areas of consideration Thursday, September 12th. Light supper at 5:30 pm followed by the program at 6 pm. Call 98-766-0180 with questions and to register.

Free Medical Equipment

Pluckemin Presbyterian Church Medical Equipment Ministry. Equipment is loaned out at no cost for as long as is necessary and returned when no longer needed. They can provide hospital beds, walkers, canes, shower chairs, wheel-chairs, adult diapers and many other healthcare items. Call 908-396-6057 for more information. Regular hours are Saturday, 10-12 noon.

Somerset County Transportation Services

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

Somerset Hills YMCA

Ridge Oak residents can join the Y for just \$5 a month! Payment in full of \$60 for the year is required when you join. Call the Ridge Oak office for an application.

Active Older Adults Program at the Y meets in Gagnon Teen/Community Center on the lower level Tuesdays & Thursdays from 9 am to 2:30 pm. They offer social activities, lectures, aquatics and wellness activities including cardio, strength and flexibility.









Answers to questions on page 4

Answer 1. The four current cities are:
Philadelphia Pennsylvania
Denver, Colorado


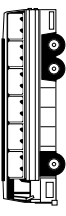

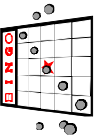
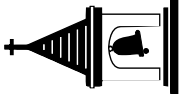
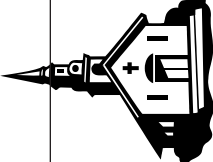



San Francisco, California
West Point, New York

Answer 2. The five other cities are:

Carson City, Nevada
Charlotte, North Carolina
Dahlonega, Georgia
New Orleans, Louisiana
Manila, in the Philippines

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 No Meal Labor Day 	3 Caesar Salad Meat Lasagna Broccoli Rabe Fresh Italian Bread Mini Pastry Platter	4 Tri Color Salad Chicken Kiev Rice Creamed Spinach Very Berry Pie	5 Clam Chowder Citrus Glazed Salmon Mashed Potatoes Brussel Sprouts Carrot Cake	6 LUNCH Tomato Soup Cheddar Quiche Crunchy Vegetable Salad Whoopie Pies	7	
8	9 Tossed Salad Chicken Marsala Sautéed Peas & Onions Dinner Rolls Apple Pie w Ice Cream 	10 Vegetable Soup Breaded Pork Chop w Gravy Whipped Sweet Potatoes Steamed Broccoli Seven Layer Cake	11 Goat Cheese & Greens Salad Stuffed Peppers Rye Bread Watermelon 	12 Birthday DINNER Vegetable Salad Turkey w Gravy Herb Stuffing Green Beans Fingerling Potatoes Cranberry Sauce Birthday Cake	13 LUNCH Tossed Salad Pizza Ice Cream Bars 	14	
15	16 Signature Slaw Pulled Pork Sliders Corn on the Cob Key Lime Pie 	17 Halfway to St. Patricks Day Tri Color Salad Corned Beef/Cabbage Steamed Carrots Parsley Potatoes Rye Bread Green Cupcakes	18 Pesto Pasta Salad Italian Seasoned Flounder Parmesan Encrusted Cauliflower Dinner Rolls Fresh Fruit Salad	19 Asian Delite Egg Roll General Tso's Chicken Mixed Vegetables Rice Crunchy Noodles Almond Cookies	20 Iceberg Lettuce Wedge Eggplant Parmesan Fresh Italian Bread Cannoli 	21	
22	23 Crunchy Vegetable Salad Beef Short Ribs Roasted Potatoes Green Beans w Shallots Cherry Pie 	24 Caesar Salad Chicken Sausage Rigatoni Alfredo Steamed Broccoli Chocolate Pudding w Whipped Cream	25 Lobster Bisque Panko Tilapia Mashed Potatoes Balsamic Glazed Carrots Red Velvet Cake 	26 LUNCH Creamy Cole Slaw Reuben Panini Pickles Potato Chips Ice Cream Sandwich	27 Beet Salad Lamb Shanks w Mint Sauce Potato Leek Torte Creamed Peas Butter Pound Cake w Fresh Berries	28	
29	30 New England Clam Chowder Crab Cakes w Dill Sauce Rice Mushrooms & Peas Cheesecake w Strawberries	<h1>SEPTEMBER MEALS</h1>					



<p>Sunday 1</p> <p>Church BUS</p>	<p>Monday 2</p> <p>Office Closed Happy Labor Day </p>	<p>Tuesday 3</p> <p>Sign-ups 9 BUS YMCA 9:45 BUS Bernardsville 1 Hand Chimes V12</p>	<p>Wednesday 4</p> <p>9:45 BUS Lyons 2 Pokeno </p>	<p>Thursday 5</p> <p>9 BUS YMCA 9:45 BUS Bernards 10 Episcopal Service 1 Alpha 3 Rosary</p>	<p>Friday 6</p> <p>9:45 BUS Stirling & Gillette 10 Bible Study 11 Better Balance V12 12 Verona Park</p>	<p>Saturday 7</p>
<p>8</p> <p>Church BUS</p>	<p>9</p> <p>9:45 BUS Stirling & Gillette 10:30 Happy Hookers  12 Wii Competition</p>	<p>10</p> <p>10 Knock Out Drug Abuse 11:15 BUS Bernardsville 1 Hand Chimes V12</p>	<p>11</p> <p>10:45 St. Mary's Bingo </p>	<p>12</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 1 Alpha 3 Rosary</p>	<p>13</p> <p>9:45 BUS Stirling & Gillette 11 Better Balance V12 12 Chester Area</p>	<p>14</p> <p>12:30 Games Anyone?</p>
<p>15</p> <p>Church BUS</p>	<p>16</p> <p>9:45 BUS Stirling & Gillette 10:30 Happy Hookers 11 Wii Play</p>	<p>17</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 11 Better Balance V12 1 Hand Chimes V12</p>	<p>18</p> <p>10:45 Church Visit </p>	<p>19</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 1 Alpha 3 Rosary</p>	<p>20</p> <p>9:45 BUS Stirling & Gillette 10 Bible Study 11 Better Balance V12 1 Bingo</p>	<p>21</p> <p>9:30 Dump Your Stuff</p>
<p>22</p> <p> Church BUS</p>	<p>23</p> <p>9:45 BUS Stirling & Gillette 10:30 Happy Hookers 11 Wii Play</p>	<p>24</p> <p>9 Mass 9 BUS YMCA 9:45 BUS Bernardsville 1:30 New U </p>	<p>25</p> <p>9 Flu Clinic 2 Bunco </p>	<p>26</p> <p>11 Blood Pressure 1:15 Alpha 3 Rosary </p>	<p>27</p> <p>9 Dental Van 9:45 BUS Stirling & Gillette 11 Better Balance V12 1 Bingo</p>	<p>28</p> <p>12:30 Games Anyone?</p>
<p>29</p> <p>Church BUS</p>	<p>30</p> <p>9:45 BUS Stirling & Gillette 10:30 Happy Hookers 11 Wii Play</p>	<h1>SEPTEMBER ACTIVITIES</h1>				

