

ACORNNS

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Office Closing

Office will be closed for Thanksgiving holiday on Thursday, November 22nd and Friday, November 23rd. Have an enjoyable holiday weekend!

Daylight Savings Time

Spring Ahead, Fall Back occurs on Sunday, November 4th at 2 am as Daylight Savings Time comes to an end. Before you go to sleep on Saturday, November 3rd, set your clocks back one hour. Enjoy your extra hour of sleep.

We are Way Overdue!

We have all heard for years how important it is to be environmentally conscious. We all want to protect the planet, but we can be too busy or unsure of how to implement changes in our daily



lives. Ridge Oak will begin doing its part this November by transitioning to compostable products. Participants in our meal program will notice the phasing in of different food containers for their deliveries or leftovers. We would like to encourage residents who dine with us to bring their own “Tupperware” type containers to pack any leftovers. Bring them in a tote or plastic bag from the grocery store. This will help us to make the world a better place for those who come after us!

Election Day Made EASY

Election Day is Tuesday, November 6th. Felmeth Hall RB Boye Community Room is your polling place. The transporter is available 1-2 pm only. Plan accordingly.

The Transporter

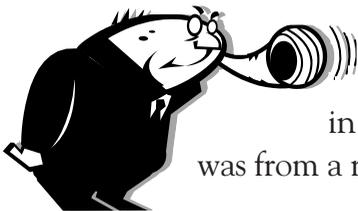
We do not provide “demand response” transporter service. We only provide transporter services for meals and for scheduled/planned activities. This does NOT include rides for sign-ups on the 1st of the month; call instead. If you are not sure if a ride will be available, before you walk to Felmeth Hall for something, call the office and ask.

Grease be Gone

Put cooking oil, grease and gravy into a coffee can and freeze it. When frozen solid tie it in a trash bag and throw it in the dumpster. NEVER put oil, grease or gravy down the drain or in the toilet. It clogs our sewer lines and the pump station at the back of the property.

Do You Hear What I Hear?

If you have good hearing and you hear a toilet running in another apartment, PLEASE call us and let us know. Sometimes a neighbor might be hearing-impaired and does not hear the toilet running. This results in a tremendous loss of water. This recently happened in Village 6 and we doubled our water use in a month! This was from a running toilet.



Taste of Italy

What a great event!

It would not have happened without Netta and Nick, our host and hostess! Many of you have asked, the speaker (about Christopher Columbus) was Cristina Bossini from Healthy Italia at 55 Main Steet in Madison. www.healthy-italia.com. Check out her specialty food and cooking classes. What a great place to buy a holiday gift!



Updates

The site lighting project is moving along. Old lights will be “on” until we have all the new lights installed. We have powered up a few of the new lights at the back of villages 2, 3 and 4 as a test. Have a look!

Village 3 laundry room renovation is underway and almost finished. Village 1 is next. Thank you for your patience.

BAZAAR Wrap

Thanks to all the residents who put so much of themselves into making the Bazaar a success. Many residents sold or bought raffle tickets, baked, knitted or

crocheted, polished jewelry, solicited door prizes and washed, sorted and priced the donated items. We could not have done it without the TEAMWORK of our Community. Thank you.

The Winners

We all cannot win, but it is especially nice when the raffle prizes are won by Ridge Oak residents! Congratulations to the winners of this year's Bazaar raffle:

1st Prize – Queen Size Quilt

2nd Prize – Dell 2 in 1 Touch Screen Laptop

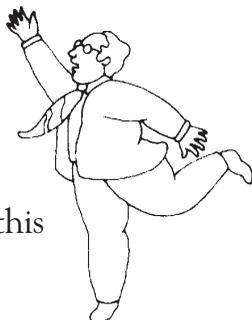
3rd Prize – Apple Watch Series 3

Thanks to all who sold tickets! And especially to our 3 top selling residents.

Door Prizes

Many of our local businesses donated an item or service to the Bazaar as a Door Prize. When you are shopping, take a minute to thank them for their support:

- New Providence Florist • Ridge Restaurant • Dorsi's Pharmacy • Ridge Bagel & Café • Bernardsville Hardware • Flowers on the Ridge • Tull's Automotive • M & M Perrotti's • Nailtopia • Great Swamp Nursery • Starbuck's of



- Bernardsville • Phillips & Frederick's Jewelry Store • Washington House • Costco • TMC's Boutique of New Providence • Home Depot • Texas Road House • Berkeley Car Wash • Profiles Hair Salon • Walter's Garden Center • Delicious Heights.

Thanks also to the residents who donated items for the Door Prizes. Special Thanks to: Long Island Auxiliary, the KING, Pat the Quilter, the Chubb Team, Bill the Doll House Maker, our translators and Donna Wahl!

Mobile Dental Info Session

Affordable Dental Care Right Here at Ridge Oak!

You asked for this when we did our 2015 needs assessment. Zufall Health will be here Wednesday, November 14th, at 9:30 am to tell us about their MOBILE DENTAL VAN. You don't want to miss this meeting! Mobile Dental services take patients who have Medicare, Medicaid/NJ Family Care or those who have no dental insurance. Fees are based on a sliding scale for those with no dental insurance. The Zufall representative will tell us about services included, such as exams, X-rays, preventive care etc. They will stay to take your questions. If we have enough



people interested, the fully equipped Mobile Dental Van will be here in December and it will pull up in front of Felmeth Hall! Sign-up required.

A Note of Thanks

Center for Great Expectations sent the following note of thanks after our Baby Bottle fundraiser: “Your donation of \$689.03, is helping to provide a safe place and expert clinical care to the Center’s women and children who seek to change their lives for the better. In the past few months there were nine new babies at the center. With your donation, lives are changed every day, creating futures with hope for women and their children, building strong family bonds to last a lifetime. Thank you”



Rabies Shot Clinics

Bernards Township Health Department provides a Free Rabies Clinic for dogs & cats, Saturday, November 10th from 10 am to 12 pm at Bernards Township Public Works Garage, 277 South Maple Avenue. All current dog and cat licenses expire on January 31st of each year. Licensing of animals is a requirement of Ridge Oak tenancy and an important aspect of rabies and animal control.

Our Angel Tree

Each year, with the help of our residents, Ridge Oak decorates a tree for the Festival of Trees at the Environmental Center.



This year, one of our residents made beautiful angels for the tree. If you would like to remember one or more of the ‘special angels’ that you have in your life, you can purchase an angel for \$5. Their name will be put on the angel and displayed on our tree. After the festival, you will be given the angel. All proceeds will be given to the Hospice Program at the VNA of Somerset Hills after the festival. Sign-up for an angel is required.

Our Giving Tree

Starting the week after Thanksgiving, Ridge Oak will have a “Giving Tree” in Felmeth Hall *RB Boye Community Room* for the collection of mittens, scarves, hats and socks for the needy in the area. Please help to make someone’s holiday a little warmer by donating an item. Donations will be accepted Friday, December 7th. If you have questions about donations, call Connie.

“Happiness doesn’t result from what we get, but from what we give.” Ben Carson

Felmeth Hall Tree

Each year our tree in Felmeth Hall has two roles: the season starts after Thanksgiving with our Giving Tree and then mid-December we decorate the tree with ornaments that were handmade by past residents. This year we are looking for 2-3 new Holiday Ornaments to make. Tell Connie if you have an idea.

Bingo Callers

Would you like to get out of your apartment this winter and do something for others? We need a few good men and women willing to call Bingo. No experience necessary. We provide on the spot training! Contact Connie in the office.

Miss Steppers

Ridge Oak Miss Steppers are doing a 'second time around' short tour in November. They will visit two care centers off site and dance before dinner on the 15th. Come out to

dinner that night or just come early for the short performance. It is all making others smile!



Magical Happenings

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

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.

Computer Room Classes

Russ Archer will have computer classes Tuesday, November 6th & 20th, 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

Adopt an attitude of gratitude this Thanksgiving season! It will make you smile. We are all so blessed at Ridge Oak—residents and staff alike. So many people in our world are trying to piece together their lives after a hurricane, earthquake or tsunami. We have a place to work, shelter, heat, food and the love of a great community. Thank YOU!

Occupancy - *Christine,
Patrice & Helen*

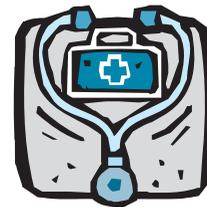
If you will be away from your apartment for more than a few days, please call the office and let us know how long you will be away. This is important if there is an emergency and we need to get in touch with you and/or to enter your apartment due to the emergency.

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, November 8th at 10:30 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 November

Monday, November 5th – Due to setup for Election Day on November 6, we will have a lunch. Tomato Bisque, Turkey Burgers and Sweet Potato Fries. The Turkey Burgers are delicious!

Friday, November 9th – Signature Slaw, Sausage & Peppers, Portuguese Rolls and Pound Cake with Fresh Fruit.

Wednesday, November 14th – Celebrate November birthdays with us! Crunchy Vegetable Salad, Fried Chicken, Peas, Corn Muffins and Birthday Cake!

Thursday, November 15th – Our very own Miss Steppers will perform for you at 4:45 pm. Arrive at dinner early!

Tuesday, November 20th – Pastrami Rubens are served for Lunch at 12 pm. End the meal with a cupcake!

Thursday, November 29th – Didn't get enough Turkey on Thanksgiving? Join us for "Leftovers Lunch". Thanksgiving Every Day Soup, Turkey Gobbler Sandwich, Cranberry Sauce and Pumpkin Pie.

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.

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
- 8:30 am for 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

Tuesdays & Fridays - Better Balance

Friday, November 2nd

Meet the Candidates

Wednesday, November 7th

Verona Park Walk & Lunch

Friday, November 9th

Route 22 Shopping

Saturday, November 10th

Breakfast Bingo

Wednesday, November 14th

Mobile Dental Info Session

Wednesday, November 21st

Thanksgiving Breakfast

Wednesday, November 28th

Walmart & Cracker Barrel

Thursday, November 29th

Fall Recipes with Allison

Monday, December 3rd

RHS A Capella Choir

Wednesday, December 5th

Celebrating Hanukkah

Balance

Body, Brains & Balance

Classes are held 2x a week, 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." The more one sits the weaker and frailer one becomes. Fight to remain independent!

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 so we have enough of a sweet treat!

Verona Park Walk
& Lunch

Weather permitting, we'll take our last outdoor walk Wednesday, November 7th. The bus will leave at 9:45 am for Verona Park. Wear comfortable clothes and footwear. After our walk we will stop at Ringside for lunch. Sign-up is required.

Route 22 Shopping

Friday, November 9th, the bus will leave at 12:30 pm for Route 22 in Green Brook. We will stop by the Goodwill Store, Asian Market and Dollar Tree. Sign-up is required.

Breakfast Bingo

Saturday, November 10th, the ladies from St. James will provide a continental breakfast at 9:30 am, followed by Bingo. Sign-up is required.

If you need a ride, you **MUST** call the office on Friday, November 9th.



Mobile Dental Info Session

You asked for this when we did our 2015 needs assessment. Zufall Health will be here Wednesday, November 14th, at 9:30 am to tell us about their MOBILE DENTAL VAN. You don't want to miss this meeting! Mobile Dental services take patients who have Medicare, Medicaid/NJ Family Care or those who have no dental insurance. Fees are based on a sliding scale for those with no dental insurance. The Zufall representative will tell us about services included, such as exams, X-rays, preventive care etc. They will also stay to take your questions. If we have enough people interested, the fully equipped Mobile Dental Van will be here in December and it will pull up right in front of Felmeth Hall! Sign-up required.

Thanksgiving Breakfast

We are giving thanks for our wonderful community, residents and friends! Join us Thursday, November 21st between 9 am and 11 am for an open house style buffet breakfast. Please do not ALL rush here at 9 am. We can't seat everyone at once. We will have "bountiful" food. Bring a few dollars to put in the jar for a donation to God's Co-Op Food Pantry,



a special ministry of our own Basking Ridge and Bernardsville church communities! Sign up so we can plan for our buffet food needs.

Walmart & Cracker Barrel

Wednesday, November 28th, the bus will leave at 11:30 am for Clinton Walmart and then onto Cracker Barrel for a late lunch. Sign-up is required.

Fall Recipes with Allison

Tired of eating the same food? On Thursday, November 29th, Allison, the Registered Dietitian from Bernardsville Shop Rite, will be here at 2 pm. She will talk about seasonal produce and provide good-for-you fall recipe ideas. She will prepare a quick and easy recipe for all to sample. Sign-up is required.

Save the Date

Celebrating Hanukkah

Members of Congregation B'Nai Israel have invited us to a traditional Hanukkah Dinner. Wednesday, December 5th, the bus will begin to shuttle residents at 4:30 pm to the synagogue for dinner. This is open to all residents regardless of faith. Come and learn about the Festival of Lights. Sign-up starts now. Please let us know if you will travel by bus or car.

RHS A Cappella Choir

We are honored to have the award winning RHS A Capella Choir led by Barbara Retzko, at Ridge Oak, Monday, December 4th at 10:30 am. What a beautiful way to start the season.

Games Anyone?

Dominoes/Mexican Train, Tiles, Phase 10?

Cards & games gathering will now be twice a month as our hall availability permits! This month you will have the opportunity to play Saturday, November 3rd & November 24th at 12:30 pm. Stop by and join your friends.

ACORN Collators & Distributors

Friday, November 30th, December Acorns, will be ready for collating at 9:30 am. Distributors can pick up their village after 10 am.

Happy Hookers

Knitting & crocheting group meets in Felmeth Hall *RB Boye Community Room* Annex, starting at 10:30 am on Monday, November 5th, 12th, 19th & 26th. If you would like to learn how to knit or crochet or to refresh your skills, stop by the group on any Monday. Open to all crafters.

Games & Wii Practice

Scrabble, Tiles, card games and Wii Practice will be at 1 pm in Felmeth Hall *RB Boye Community*



Room, Monday, November 12th, 19th & 26th. We provide the table, you bring a friend or two to play!

Bingo

Bingo will be played at 1 pm in Felmeth Hall *RB Boye Community Room* Friday, November 16th & 30th. The callers this month are David, Bob and Bobby.

Foot Care

Dr. Brown will visit November 27th & December 4th. Dr. Geller's next visit is on Tuesday, December 11th. 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 resolve or mediate billing and/or payment issues.

For Your Spiritual Wellness

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

Catholic Mass

A member of St. James Catholic Church clergy will be here to celebrate Roman Catholic Mass Tuesday, November 27th at 9 am in Felmeth Hall *RB Boye Community Room*. All faiths welcome!

Episcopal Service

Father Rick Morley, of St Mark's Episcopal Church, will hold an ecumenical service Thursday, November 8th at 10 am. Everyone is welcome.

Rosary

Rosary Prayer Group meets in Felmeth Hall *RB Boye Community Room Annex*, on 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 on 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!

Consecration to Jesus through Mary

The 33 Days of Personal Prayer and Preparation will begin on November 5th. St James will make their 8th Annual

Consecration and Renewal to Jesus through Mary in the Chapel Saturday, December 8th after the 8 am Mass. You will need to provide your own transportation. Carpool with a friend.

OUR EXPANDING WORLD



Activities outside Ridge Oak

Home Spun Holidays

Bishop Janes United Methodist Church invites you to Homespun Holidays held Saturday, December 1st from 11:30 am until 7 pm. You will need to provide your own transportation.

Enjoy shopping for Christmas items, baked goods, jewelry, attic treasures, quilts, handmade items as well as homemade jellies and pickles. Lunch can be purchased at their café. Many vendors participate in the Winter Market at the church as well as activities in town with Santa Claus arriving for the Christmas tree lighting at 5 pm.

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. Here are some of the programs this month:

Thursday, November 1st - Over There – NJ and the Great War lecture 7 – 8 pm. Learn about New Jersey's contribution in World



War I with presenter, John Zinn, New Jersey Historical Society.

Sunday, November 4th - Raconteur Radio's War of the Worlds, a staged radio play will be presented from 2 – 3 pm.

Monday, November 5th - Monday Fall Concert Series 1 – 2 pm in Sanctuary at Basking Ridge Presbyterian Church.

Concert features Radiance Chamber Ensemble. Free, no registration required.

Thursday, November 15th - Big Screen Thursdays, month-long film series, 12 noon screening. Feature is "Ivory Tower."

Thursday, November 15th - The Real History of Thanksgiving program with presenter Glenn LeBoeuf 7 – 8 pm.

Register 908-204-3031 ext. 116.

Monday, November 26th - Adult Chair Yoga with Pamela Nixon 11 – 11:45 am.

RHS Fall Play

Thursday, November 15th, Ridge High School Drama Club will perform *12 Angry Jurors*, a takeoff of *12 Angry Men*. All seniors are invited to a free preview performance at 6:30 pm. You will need to provide your own transportation.

Senior Luncheon

Millington Baptist Church's Senior Pot Luck Luncheon held November 16th from 12 noon to 2 pm. The program is World Vision International. Bring your favorite dish to share. For information call the church office at 647-0594.

FREE Medical Equipment

Available through Pluckemin Presbyterian Church Medical Equipment Ministry. Call 908-396-6057. Regular hours on Saturdays from 10 am - 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 \$5 a month! Payment in full of \$60 for the year is required when you join. Call Ridge Oak office for an application. For questions about membership, call Suzanne Fischl at 908-766-7898 x 505. The Active Older Adults Program meets in Gagnon Teen/Community Center on the lower level Tuesday & Thursday 9 am to 2:30 pm.