

ACORNS

VOLUME 47, ISSUE 12 DECEMBER 2024

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

908/221-0266

www.ridgeoak.org

Office Closed

The office will be closed Tuesday December 24 & Wednesday December 25. Merry Christmas, Happy Hanukah and Happy Kwanza to all who celebrate this very festive time of year!

Holiday Open House

Join us at Felmeth Hall Friday, December 20, between 10:30 am and 12 pm for a delicious brunch, fun, music and festive cheer with your friends and neighbors! Santa will visit this year, so don't forget to dress for a holiday photo! A "good will" donation of \$3 per person is requested at the door and ALL funds will be donated to the Center for Great Expectations (housing homeless pregnant women and their newborn babies). Put your CASH donation in the jar when you arrive! Please sign up by Tuesday, December 17 so we have enough food! If you sign up and cannot attend, please cancel by 11 am on Thursday, December 19.

Holiday Gifts

Many of you want to give something extra to the staff that serve you throughout the year. We have boxes on the side table in Felmeth Hall in December to drop off your gift. No checks. Cash only. A general note of thanks is always appreciated. No specific staff person should be named for gifts as they are split between all members of the respective team.



There will be separate boxes for:
Bus Drivers
Housekeeper & Laundry Service
Maintenance Team
Meal Delivery Staff

Holiday Decorations

Seasonal/holiday decorations should be enjoyed inside your apartment only or on your apartment door using an over-the-door or magnetic hanger. Personal items put up in any common area including laundry rooms, lobbies, hallways, on bulletin boards and in trees or shrubs will be removed.

Privacy, Fairness, Respect

It is important to address that gossiping about a fellow resident's potential medical condition or ethnicity is not only inappropriate but may also violate the Fair Housing Act, which

protects individuals from discrimination in housing based on race, color, religion, sex, disability, familial status, and national origin. Gossip or assumptions about a resident's health or background can create a hostile or unwelcoming environment. We are ALL obligated to treat ALL residents and staff with respect and fairness, avoiding any language or behavior that could be interpreted as discriminatory. We ask that ALL residents hold themselves to this standard so that we can ensure a positive, inclusive community for everyone.

Please let us know of any issues so we can educate and counsel possible offenders. If you hear inappropriate remarks or commentary, please send the Ridge Oak office something in writing with date, time, names of person(s) involved and what was said. E-mails are also welcome. We do our best to keep reporters confidential. Send e-mail reports to info@ridgeoak.org and they will be given to the appropriate staff person for follow-up.

Simple Scam Tip

If you receive a suspicious call or message from someone claiming to represent a service provider, such as your bank or utility company, it could be a scam. To protect yourself, avoid sharing any details and hang up immediately. Then, call the official customer service number of the provider to verify the situation directly. Use the phone number on your bill or via the utility website. Always contact them through known and trusted means to ensure your security.

Heating Tips

Tips for controlling your apartment's temperature. First, ensure all windows and doors are closed and locked. Shut off your air conditioners. All our heating systems are currently working as designed—they automatically run when the outdoor temperature drops below 68 degrees.

Boiler pumps

continuously circulate hot water to heat your apartment. If you feel the temperature inside your apartment is low/cold, adjust your thermostat as follows:



Villages 1-11 turn your thermostat dial up to 5. Wait half an hour for heat to rise, then lower to setting of your comfort level. If you still experience a heating issue, please contact the Ridge Oak Office on 908-221-0266.

Villages 1A, 9A & 12 - turn your thermostat dial up to a higher setting. Wait half an hour for heat to rise, then lower to setting of your comfort level. If you still experience a heating issue, please contact the Ridge Oak Office on 908-221-0266.

Washer/Dryer Service Calls

If a washer or dryer is NOT WORKING in a laundry room, please put an "out of order" sign on it and report it to SEBCO by calling 800-732-2688. After you call SEBCO tell the Ridge Oak office you called it in so we can track needed repairs. Ridge Oak staff do NOT service laundry machines.

Volunteer Friendly Shoppers & Visitors

Are you homebound and in need of a friendly grocery shopper or a visitor? St. James Church in Basking Ridge offers volunteers to assist homebound members of the community. If you need help, please contact Molly at the Ridge Oak office or email her at mclark@ridgeoak.org and she will connect you.

Medical Transportation

Medical transportation plays a pivotal role in ensuring residents' well-being and access to essential healthcare services. Through our in-house medical transportation service and collaboration with St. James Transportation Ministry, Ridge Oak is happy to assist with rides to routine medical appointments. To discuss availability for your specific appointment, call Molly at the Ridge Oak office or email mclark@ridgeoak.org.

Zufall Dental Van

Zufall Dental van continues to serve Ridge Oak residents. There is currently a waiting list for services. If you are interested in becoming a new patient, call the office to speak with Molly 908-221-0266 or email mclark@ridgeoak.org.

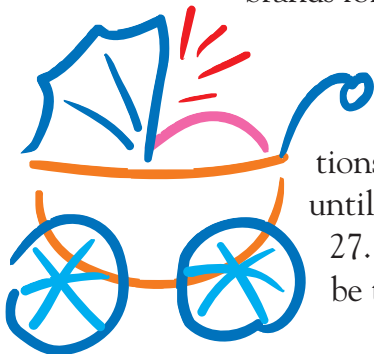
Brain Boosters

Looking for some crosswords, word searches, and brainteasers to keep your mind sharp and your brain busy? See Emma in Felmeth Hall or call the office for your monthly copy to be dropped off at your door.

Our Giving Tree

We have a "Giving Tree" in Felmeth Hall for the collection of "Baby Bathtime" needs. Please leave your NEW unwrapped offering under the tree. Washcloths, baby towels and bathtime toys are great! Baby safe shampoo and baby body wash are good too. Suggested brands for babies are made

by Johnson & Johnson and Aveeno. Donations will be accepted until Friday, December 27. All donations will be taken to the Center



for Great Expectations (serving homeless pregnant women and their infants) in Somerset. If you have questions, please call Emma.

December Drawing

This lovely antique chair was refurbished with a new cane seat woven by one of Ridge Oak's founders, Bob Boye. A perfect bedroom or living room decorative item, donated as a "prize drawing". Toss a throw on it or maybe use it as a seat for an heirloom doll. The legs of the



chair are quite dainty, so we recommend it be used for decor. It's on display in Felmeth Hall. If you would like to purchase chances on the chair, call or email the office and tell us how many chances you would like. You will be billed in January. Tickets are \$2 each or \$20 for 12 tickets and are being sold only to Ridge Oak residents, their family members, staff and Acorn readers.

The winner will be drawn at 12 pm on December 31. All funds raised will go to Basking Ridge First Aid Squad. They still make rescue calls during the evening, overnight and weekend hours. Even if you do not want to buy a ticket, monetary donations to the squad are welcome!

Shopping Bus

Shopping bus departure is 10 am! Monday bus to Bernardsville can make stops at TD Bank and PNC Bank.

Wednesday bus to Lyons Mall can make stops at Wells Fargo and Bank of America. These stops are for quick banking transactions, like depositing a check or getting money from the ATM. Tell the office when you sign up so we can ensure you get to where you need to go.

Be sure you know what time the bus is heading back to Ridge Oak. Have a watch or phone with you and plan for the time you will need at check out. The bus will not wait, and it will be up to you to find your way back home!

A strict limit of two bags per passenger, per trip. Please label your shopping bags in BIG letters with your name AND apartment number. No cases of water or overloaded bags are allowed. You must be able to safely store and carry your purchases.

Check the calendar for dates, times, and destination. Sign-up for the shopping bus is required.

From Congregate *Shannen*

Bring your containers with you for dinner to pack any leftovers to take home.

Laundry services are now provided on site by appointment only. For full details call Shannen.

To schedule a service or meal, or if you have questions about your cost for ANY service, please call the office and speak to Shannen or email srivers@ridgeoak.org.

Care Fund

Care Fund subsidizes meals and personal care. Many thanks to the people who have made recent donations to the Care Fund.



Mark Your Calendar *For Ridge Oak Activities*

Call (908) 221-0266 or email the office.
Sreino@ridgeoak.org or Elanese@ridgeoak.org

Mondays - Bowling & Chess

Mondays - Chair Yoga

Mondays & Wednesdays
Chinese Traditional Exercise V12

Tuesdays - Perfect Posture

Tuesdays - Mahjong

Tuesdays

Table Tennis Open Play V12

Wednesdays - "For the Men" Fitness

Thursdays

St James Eucharistic Adoration

Thursdays - Blood Pressure Clinic

Fridays - Happy Hookers

Fridays - Zumba Gold

Fridays - Bingo

Monday, December 2 - Holiday Decorating

Monday, December 2

Notables Holiday Concert

Tuesday, December 3 - Pokeno and Games

Wednesday, December 4 - Cardio Drumming

Thursday, December 5 - Chatham Concert

Friday, December 6 - Out to Lunch

Saturday, December 7

Winter Market & Homespun Holidays

Monday, December 9 - R&V Vaccine Clinic

Tuesday, December 10 - Sugar Savvy

Wednesday, December 11

RHS A Cappella Choir

Wednesday, December 11 - Share a Song

Thursday, December 12 - Village Caroling

Sunday, December 15

Somerset Valley Players: Annie

Tuesday, December 17

A Christmas Carol

Wednesday, December 18

Your Eyes and You

Wednesday, December 18

High Notes Holiday Sing Along

Thursday, December 19

Ecumenical Service

Thursday, December 19 - Spiritual Group

Thursday, December 19

Creative Connections

Friday, December 20

Holiday Open House

Sunday, December 22

BRPC Caroling & Cookies

Monday, December 23 - Festival of Trees

Thursday, December 26

Classic Holiday Movie

Monday, December 30 - Table Games

Friday, January 3

Hanukkah Nosh with Rabbi Green

Table Tennis

No Table Tennis on Tuesday, December 24. If you haven't heard, we now have Table Tennis in Village 12. Every Tuesday there is open play from 11 am to 4 pm. The patio door at the rear of Village 12 will be unlocked during this time and all equipment will be provided. Please be sure to share the table and return all equipment to the bin when you are finished. If you have an interest in participating in a tournament in the future, please contact Emma at the main office.

Mahjong

No Mahjong on Tuesday, December 24.

Mahjong is played Tuesday mornings from 9:30 am to 11:30 am in Felmeth Hall. A traditional Chinese tile game, players assemble sets of tiles based on specific patterns and combinations. It requires strategic thinking, pattern recognition, and luck, making it a challenging and engaging pastime enjoyed by people worldwide. Contact Emma in the office if you would like to learn. Sign-up is required.

Bowling & Chess

No Bowling Monday, December 9. Bowling games are played on Mondays at 9:30 am and 10:30 am. Only four people each hour. No experience required. Stop by and watch a session to see if you'd like to play bowling. Call the office to check availability. Sign-ups are required each month.

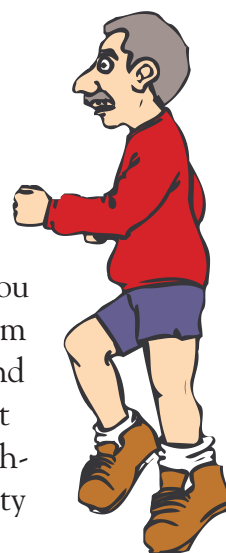
Chess - During bowling on Mondays, we have tables for chess players. If you would like to play chess, call the office for more information.

Exercise Series

All classes are held in the lower-level Wellness Center at Felmeth Hall.

"For the Men" Fitness - No class Wednesday, December 25.

Classes held Wednesdays at 11:30 am in the lower-level Wellness Center. Led by Jim Stamateris, the class focuses on functional movement, core stability and flexibility. You will learn how to properly warm up your body with stretches and healthy movements to prevent overuse, in addition to strengthening exercises to build stability and control.



Each month, the class will focus on a new area of the body, incorporating a mix of dynamic, static, and active stretching as warmups plus strength and mobility exercises. At the end of each month, you'll get handouts covering all the exercises and stretches practiced, so you can keep up with your routine at home. All fitness levels welcome! Sign-up is required.

Chair Yoga - Mondays at 1:30 pm in the Wellness Center. Led by Michele Gorka from Fellowship, the class flows through both seated and standing yoga postures. All fitness levels welcome! Sign-up is required.



Perfect Posture - No class on Tuesday, December 24. Classes held on Tuesdays at 12:30 pm in the Wellness Center, led by Megan Lynch-Smith from Fellowship. In this class you will perform stretches and exercises to help improve postural alignment. All fitness levels welcome! Sign-up is required.

Zumba Gold - No class Friday, December 20. Classes held on Fridays at 11 am in Wellness Center. Led by Katrina Schneider from Fellowship, this class is a lower-intensity version of the typical Zumba, a cardio class that features music and dance moves from all over the world. In addition to aerobics steps, Zumba incorporates a variety of dance styles: salsa, merengue, cumbia, reggaeton, bhangra and more. Sign-up is required.

Ridge Oak Honeybees

In winter, unlike other insects, honeybees don't go dormant. They stay awake all winter inside the hive, clustered in a ball, eating honey, and shivering their flight muscles to generate heat. Jim and Anthony from maintenance have created insulation that is

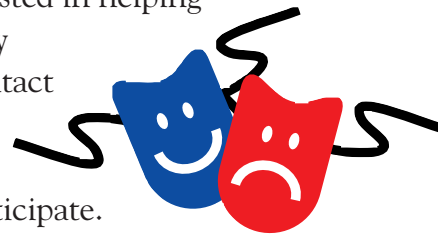
now on the hive to keep them warm and dry through the winter! If you have questions about the honeybees or want to get involved with taking care of the Apiary contact Emma at the office.

The High Notes

Rehearsals for the Ridge Oak choir will be Wednesday, December 11 and Monday, December 16 at 3 pm in the lower-level Wellness Center. We will lead the Holiday Sing Along on Wednesday, December 18 at 1:30 pm in Felmeth Hall. If you are interested in singing, please call or email Emma, elanese@ridgeoak.org.

Shoestring Players

The cast of *A Christmas Carol* will meet in the lower-level wellness center Monday, December 9 and Friday, December 13 at 2:45 pm. If you are interested in helping with our holiday production, contact Emma. Everyone is welcome to participate. Sign-up is required.



Happy Hookers

No Happy Hookers on Friday, December 20. Join your neighbors on Fridays at 10 am in Felmeth Hall for a social time doing all types of handwork—knitters, cross stitchers, quilters, and embroidery. Call the “day of” if you need a transporter ride. Sign-up is required.

Bingo

No Bingo on Friday, December 20. Bingo is played on Fridays at 1 pm in Felmeth Hall. Cost of each card is \$1. Ms. Candy will hostess Prize Bingo on Friday, December 13. Call the “day of” if you need a ride on the transporter. Sign-up is required to play each week.

Blood Pressure Clinic

Thursdays at 11:30 am, our staff nurse Eunice will host a weekly blood pressure clinic in Felmeth Hall Annex. On your way to lunch, stop by for a quick check. Call the “day of” if you need a ride. We encourage everyone to take a moment for their health!

Chinese Traditional Exercise

Beginning December 2 and continuing every Monday & Wednesday through the winter (schedule permitting), we will have Chinese Traditional Exercise in Village 12 at 2 pm. This program is led by fellow residents. Relax, recharge, or just learn more about Chinese culture, all residents are welcome. No sign-up is required.

NEW St James Eucharistic Adoration

Starting Thursday, December 12, and continuing each Thursday, schedule permitting, the Ridge Oak bus will leave Felmeth Hall at 10 am to take residents to St. James Catholic Church for the weekly Eucharistic Adoration. The bus will pick up residents around 11:30 am and return to Ridge Oak. Sign-up is required.

Holiday Decorating

All are welcome! Join your friends and neighbors Monday, December 2 as we decorate for the Holidays. First, we will set up the Giving Tree in Felmeth Hall at 10 am, followed by the Village 12 tree at 2 pm. Treats will be served to those who join in the holiday cheer! No Sign-up is required.



Notables Holiday Concert

An annual tradition! The Notables will perform on Monday, December 2 at 7 pm in Felmeth Hall. Call the office the “day of” if you need a ride. Sign-up is required.

Pokeno & Games

Join us Tuesday, December 3 at 1:30 pm for a game of Pokeno in Felmeth Hall Annex. Bring at least fifty pennies. Other games will be available to play at this time including chess, Mahjong, UNO and more. Feel free to bring your own game. Sign-up is required.

Cardio Drumming

Come to the lower-level Wellness Center on Wednesday, December 4 at 2 pm. Grab drumsticks and move along to choreographed drumming with Emma. Get some exercise while having fun and listening to music. We will stretch, move, and sing along right from our chairs! All materials are provided. Limited to 12 residents. Sign-up is required.

Chatham Concert

Suburban Music Study Club

Thursday, December 5, the bus leaves at 9:45 am for a holiday concert at Chatham United Methodist Church sponsored by the Suburban Music Study Club. The program includes organ, piano, and dulcimer. Light refreshments will be served. Sign-up is required.

Book Buggy

Book Buggy returns Thursday, December 5 at 2 pm. If you would like the Buggy to stop at your apartment, call the Ridge Oak office so we can plan our route. To request a specific item delivered to your door, call the library at (908-204-3031, option 2) and tell them you would like the item brought to Ridge Oak with the next Book Buggy OR email requests to circ-ber@mainlib.org.

Out to Lunch

Friday, December 6 we will go out for lunch! The bus will leave Felmeth Hall at 10:30 am and head to Cracker Barrel in Clinton to enjoy the festive decorations and delicious comfort food. Space is limited. Bring money for lunch! Sign-up is required.

Winter Market & Homespun Holidays

Saturday, December 7, starting at 12 pm and ending at 2 pm, the Ridge Oak bus will shuttle residents to Bishop Janes United Methodist Church for the Winter Market & Homespun Holidays



sale. No sign-up is necessary. Wait for the bus at the front of Felmeth Hall, the front of Village 12 or along Manchester Drive.

R&V Vaccine Clinic

Walgreens will be on site to administer the RSV vaccine Monday, December 9 from 9 am to 1 pm. RSV can be a serious respiratory illness, especially for older adults and those with underlying health conditions, and there is no specific medication to treat it once contracted. The vaccine is a safe and effective way to reduce the risk of severe illness and hospitalization. Sign-up is required. Bring your Medicare/Medicaid and supplemental insurance cards—no charge if you have insurance. After all sign-ups have been taken you will be contacted with your appointment time.

Sugar Savvy

Optimize your blood sugar by learning how to build balanced meals and make smart food swaps. Join Ellen Pestrosino of Nourish and

Thrive Nutrition Center on Tuesday, December 10, at 2 pm in Felmeth Hall for Sugar Savvy, a program that offers practical tips, meal planning strategies, and science-backed guidance to help you maintain a healthy lifestyle while managing and preventing diabetes. Sign-up is required.

RHS A Cappella Choir

Wednesday, December 11 at 11 am, Ridge High School A Cappella choir will be here to sing in Felmeth Hall. This is a true highlight of the holiday season that you will not want to miss! Sign-up is required.

Share a Song

Wednesday, December 11 at 2 pm, join Emma in lower-level Wellness Center of Felmeth Hall for some fun listening to music. Bring the name of a song you would like to share. We will listen to a recording and sing along. Emma will access the music using YouTube. You do not need to share a song to enjoy the music! Sign-up is required.

Village Caroling

Thursday, December 12th at 2 pm, we will share the holiday spirit by caroling around our neighbor's apartments. Emma and Dan of Village 2 will lead us in song (lyrics will be provided). Meet at Felmeth Hall if you love to sing! The transporter will travel with the group. Sign-up is required.

Somerset Valley Players: Annie

Sunday, December 15, Ridge Oak bus will leave Felmeth Hall at 12:45 pm for a 2 pm matinee of *Annie*, the musical, in Hillsborough. Our very own Shannen Rivers will be working behind the scenes as the stage manager! Runtime is approximately 3 hours. Cost is \$5, and you will be billed in January. Space is limited. Sign-up is required.

A Christmas Carol

Join us on Tuesday, December 17 at 1:30 pm in Felmeth Hall for a special performance of *A Christmas Carol*. Your fellow residents from the Shoestring Player Theater Group will bring Charles Dickens' classic holiday tale to life, adapted and directed by our own Jeffrey Fiske. Get into the Christmas spirit with this heart-warming, festive performance! As Scrooge himself says, "I will honor Christmas in my heart, and try to keep it all the year." Sign-up is required.

Your Eyes and You

Optometrists, Dr. Michael and Dr. Amanda Gredzik will return to Felmeth Hall on Wednesday, December 18 beginning at 10 am. Space is limited. Sign-up is required. After registering, you will receive a call from Molly with your appointment time. If you have questions, call the office to speak with Molly at (908) 221-0266 or email mclark@ridgeoak.org.



High Notes Holiday Sing Along

Join the High Notes in Felmeth Hall on Wednesday, December 18 at 1:30 pm as we sing some of our favorite holiday songs. There will be bells and shakers to play and all the lyrics to sing along! Call the day of if you need a ride. Sign-up is required.

Ecumenical Service

Father Clarke from St. Mark's Episcopal Church will lead the Ecumenical Service on Thursday, December 19 at 10 am in Felmeth Hall. All are welcome! Sign-up is required. Call the "day of" if you need a ride.

Spiritual Group

Our resident-led spiritual study and prayer group will meet Thursday, December 19 at 1 pm in the lower-level Wellness Center. An opportunity for residents to share their faith and spirituality and to learn from one another with love, respect, and kindness. All residents are welcome to attend. Please contact the office with any questions. Sign-up is required. Call the "day of" if you need a ride.

Creative Connections

Join us on Thursday, December 19 at 2 pm in Village 12 for an afternoon of creativity and fun! You'll have the option to decorate greeting cards, color, or work on puzzles. It's a relaxing way to unwind, enjoy some time together, and get into the holiday spirit. All supplies will be provided. Sign-up is required. Call the "day of" if you need a ride.

Holiday Open House

At Felmeth Hall Friday, December 20, between 10:30 am and 12 pm for a delicious brunch, fun, music and festive cheer with your friends and neighbors! Santa will visit this year, so don't forget to dress up for a holiday photo! A "good will" donation of \$3 per person is requested at the door and ALL funds will be donated to the Center for Great Expectations (housing homeless pregnant women and their newborn babies). Put your CASH donation in the jar when you arrive! Please sign up by Tuesday, December 17 so we have enough food! If you sign up and cannot attend, cancel by 11 am Thursday, December 19. Call the "day of" if you need a ride.



BRPC Caroling & Cookies

Sunday, December 22, the young children of Basking Ridge Presbyterian Church are going to walk to Felmeth Hall at 11:15 am to sing some holiday songs. They are excited to bring holiday treats to share. Sign-up required.

Festival of Trees

Monday, December 23, the bus will leave at 2 pm for the Annual Festival of Trees at the Environmental Center. Sign-up is required. Festival of Trees features a remarkable display of holiday trees, designed and created by local groups, clubs, businesses, and individuals who select the theme and decorate in their own style. Come and see the tree your very own Ridge Oak residents created!

Classic Holiday Movie

Celebrate the holiday season with a screening of the beloved 1947 classic *The Bishop's Wife*, starring Cary Grant. Join us at Felmeth Hall Thursday, December 26, at 2 pm for this heart-warming tale of love, faith, and Christmas magic. Light refreshments will be served. Sign-up required. Call the "day of" if you need a ride.

Table Games

Join us Monday, December 30 at 1 pm in Felmeth Hall for games such as Scrabble, Rummikub, UNO, Mahjong, Chess and more. Bring other games you might like to play. Call the "day of" if you need a ride. Sign-up required.

Hanukkah Nosh with Rabbi Green

Hanukkah starts on December 25 and runs through January 2. This is a very festive Jewish holiday of lights. It commemorates the Maccabees (Jewish freedom fighters) victory over the Seleucidan (Greek) occupiers of Jerusalem.



Join us in Felmeth Hall Friday, January 3 at 10 am for a sweet "nosh", a cup of coffee or tea and learn more about Hanukkah traditions and Jewish beliefs. Our friend Rabbi Robert Green from Congregation B'nai Israel will be with us! Sign-up is required. Call the "day of" if you need a ride.

Resident Recommendation

Go and grab a bite at The Coffee Shop Diner at 23 Olcott Square in Bernardsville. The staff is friendly, and the food is great! Open 7 days a week from 6 am –3 pm, for breakfast, lunch and dinner with free delivery! (908) 766-6806.

Have you gone to a local restaurant or shopping establishment and want to share the good news? Send detailed information to Emma at elanese@ridgeoak.org and we will highlight it in ACORNS.

Out and About *Local Happenings*

Winter Market & Christmas Tree Lighting

Saturday, December 7 from 12 pm – 7 pm. Community event including shopping with local vendors and artisans, live entertainment, Christmas Tree Lighting, and visit from Santa.

Walk to Bethlehem

Sunday, December 15 at 4 pm. Walk starts at St James Roman Catholic Church and concludes at Basking Ridge Presbyterian Church. Stop in each of the four churches as the Story of Christmas unfolds. It's an easy walk downhill.

Bernards Township Library Events

For all virtual programs, registration is required to receive a ZOOM link www.BernardsLibrary.org or call (908) 204-3031 x116.

- Tech Teens: Tuesdays & Thursdays, 3:30 pm - 5:30 pm and Saturdays, 12 pm - 2 pm

- Virtual: History of the Nutcracker with Historian Toni McKeen: Wednesday, December 4 at 7 pm.
- In Person: Save Money Shopping Online: Thursday, December 5 at 2 pm.

- Live Music! Winter's Playlist with Gordon James Duo: Sunday, December 8 at 2 pm.
- In Person: Introduction to Champagne: Wednesday, December 8 at 7 pm
- In Person: Just Add Color! Friday, December 27 at 1 pm.

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 CALENDAR
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Week of December 2nd

- 2nd Monday
 9:30/10:30am Bowling
 10 am BUS Bernardsville
 10 am Holiday Decorating Felmeth Hall
 11 am Chess
 12 am LUNCH- Roast Beef Sandwich
 1:30 pm Chair Yoga
 2 pm Holiday Decorating V12
 7 pm Notables Holiday Concert
- 3rd Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 11 am Table Tennis Open Play V12
 12:30 pm Perfect Posture
 1:30 pm Pokeno & Games
 5 pm DINNER- Chicken Cordon Bleu
- 4th Wednesday
 11:30 am "For the Men" Fitness
 2 pm Cardio Drumming
 5 pm DINNER- Ziti & Meatballs
- 5th Thursday
 9:45 am Chatham Concert
 11:30 am Blood Pressure Clinic
 12 pm LUNCH- Pastrami Reuben
 2 pm Library Book Buggy
- 6th Friday
 10:30 am Out to Lunch
 10 am Happy Hookers
 11 am Zumba Gold
 1 pm Bingo
 5 pm DINNER- Panko Tilapia
- 7th Saturday
 12 pm Winter Market BUS BJUMC

Week of December 9th

- 9th Monday
 9 am RSV Vaccine Clinic
 10 am BUS Bernardsville
 11 am Chess
 1:30 pm Chair Yoga
 2:45 pm Shoestring Players Rehearsal
 5 pm DINNER- Lemon Chicken
- 10th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 11 am Table Tennis Open Play V12
 12:30 pm Perfect Posture
 2 pm Sugar Savy
 5 pm DINNER- Ginger Pork Loin
- 11th Wednesday
 10 am BUS Lyons Mall
 11 am RHS A Cappella Choir
 11:30 am "For the Men" Fitness
 2 pm Share a Song
 3 pm High Notes Rehearsal
 5 pm DINNER- Meatloaf
- 12th Thursday
 10 am BUS Farmers Market
 10 am BUS St James Eucharistic
 11:30 am Blood Pressure Clinic
 12 pm LUNCH- Turkey Club
 2 pm Village Caroling
- 13th Friday
 10 am BUS Walmart Manville
 10 am Happy Hookers
 11 am Zumba Gold
 1 pm Ms. Candy's Prize Bingo
 2:45 pm Shoestring Players Rehearsal
 5 pm DINNER- Citrus Glazed Salmon

15th Sunday
12:45 pm Somerset Valley Players: *Annie*

Week of December 16th

16th Monday
9:30/10:30am Bowling
10 am BUS Bernardsville
11 am Chess
1:30 pm Chair Yoga
3 pm High Notes Rehearsal
5 pm DINNER- Beef Short Ribs

17th Tuesday
9:30 am Mahjong
10 am BUS Stirling & Gillette
11 am Table Tennis Open Play V12
12:30 pm Perfect Posture
1:30 pm A Christmas Carol
5 pm DINNER- Vegetable Lasagna

18th Wednesday
10 am BUS Lyons Mall
10 am Your Eyes and You
11:30 am "For the Men" Fitness
1:30 pm High Notes Sing Along
5 pm DINNER- General Tso's Chicken

19th Thursday
10 am BUS Farmers Market
10 am BUS St James Eucharistic
10 am Ecumenical Service
11:30 am Blood Pressure Clinic
1 pm Spiritual Group
12 pm LUNCH- Pulled Pork Sliders
2 pm Creative Connections V12

20th Friday
10:30 am Holiday Open House

22nd Sunday
11 am BRPC Caroling & Cookies

Week of December 23rd

23rd Monday
9:30/10:30 Bowling
10 am BUS Bernardsville
11 am Chess
12 pm LUNCH- Spinach Quiche
1:30 pm Chair Yoga
2 pm Festival of Trees

24th Tuesday
OFFICE CLOSED

25th Wednesday
OFFICE CLOSED

26th Thursday
10 am BUS Farmers Market
11:30 am Blood Pressure Clinic
12 pm LUNCH- Chicken Salad
2 pm Classic Holiday Movie

27th Friday
10 am BUS Target Bridgewater
10 am Happy Hookers
11 am Zumba Gold
1 pm Bingo
5 pm DINNER- Beef Brisket

Week of December 30th

30th Monday
9:30/10:30 Bowling
10 am BUS Bernardsville
11 am Chess
1 pm Table Games
1:30 pm Chair Yoga
5 pm DINNER- Coconut Shrimp

31st Tuesday
9:30 am Mahjong
10 am BUS Stirling & Gillette
11 am Table Tennis Open Play V12
12 pm LUNCH- Philly Cheesesteak
12:30 pm Perfect Posture

