

ACORNNS

VOLUME 48, ISSUE 1 JANUARY 2025

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

908/221-0266

FAX: 908/221-0042

www.ridgeoak.org

Office Closed

The office will be closed Wednesday, January 1 for the New Year's holiday.

Weather Delays

Winter is here and with it the threat of harsh weather. In case of inclement weather, before you leave the warmth of your apartment, please call the office to see if activities, meals, or the bus have been delayed or cancelled. We usually err on the side of safety and at least delay the start of activities if snow or ice is forecasted or falling. Call the office to find out about delays or cancellations.

Watch the Water

The drought may have passed, but we still urge everyone to be mindful of water usage. Recently, we've noticed several unusually high water bills. Please help conserve water by avoiding unnecessary faucet use and reporting to the Ridge Oak office any issues, such as a running toilet. Thank you.

Event Attendance & NEW Policy

Emma, Shannen, and the entire Ridge Oak team work hard to plan and host activities and meals for everyone to enjoy. We kindly ask that



you respect the staff and your fellow residents by arriving promptly for any activity or meal for which you've signed up.

When residents don't arrive on time, staff may need to check in to ensure everything is okay, which disrupts the event for others. Please make a note on your calendar or enable Touchtown notifications as a reminder for events. If you need assistance enabling notifications, call Shannen at the Ridge Oak office. If you cannot make an event, please cancel by calling the office or cancelling in the Touchtown app.

For an event that involves an outside group, vendor or organization, you **MUST** cancel by 4 pm the day before the event or you will be billed \$5. This requirement will be noted in the event description.

NEW Bus Policy

Effective January 2, there is **NO SIGN-UP** required for routine shopping bus runs. This includes trips to Stirling, Bernardsville and Lyons. If there **IS** a sign-up requirement for a special shopping bus run, it will be noted in that event description. Call the office with any questions.

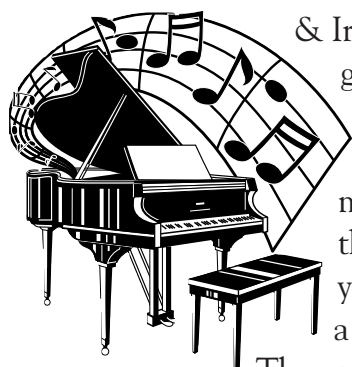
Words of Gratitude

Thank you for your donations at our Thanksgiving Pie Palooza event! We raised \$70 and collected 25 containers of coffee for God's Co-op Food Pantry.

If you enjoyed the Thanksgiving dinner at Bishop Janes United Methodist Church on November 28, please take a moment to send a note of gratitude:

Pastor Dave Tillisch
Bishop Janes United Methodist Church
22 South Finley Avenue
Basking Ridge, NJ 07920

Piano Donation



We are deeply grateful to Allen & Irmhild Smith for their generous donation of a piano to Ridge Oak. This beautiful instrument, cherished in their home for many years, has now found a new home with us.

The upgraded piano is now in Felmeth Hall, while the previous piano has been relocated to Village 12. Both pianos have been freshly tuned and are ready for everyone to enjoy!

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 is a scam. To protect yourself, avoid sharing any details and hang up. Call the customer service number of the provider which you can find on your bill or the provider's website. Always contact them through known and trusted means to ensure your security. The US Postal Service will NEVER text you. Do not reply or click on any links.

Heating Tips

Tips for controlling your apartment's temperature. First, ensure all windows and doors are closed and locked. Turn off 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 is low/cold, adjust your thermostat:

Villages 1-11 turn up your thermostat dial 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, 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 the heat to rise, then lower the setting to your comfort level. If you still experience a heating issue, 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 so we can track needed repairs. Ridge Oak staff do NOT service laundry machines.

Laundry Room Courtesy

Please be considerate of other residents waiting to use laundry machines. Always remove your laundry promptly so others can use the machines. Be sure to clean out the lint trap after using the dryer to keep the space tidy and safe.



Follow Sebco's rules, which prohibit washing rugs in the laundry room. Help ensure the space is convenient and pleasant for everyone.

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 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 the St. James Transportation Ministry, Ridge Oak is happy to assist with rides to routine medical appointments. To discuss availability for your specific appointment, please 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 at (908) 221-0266 or email mclark@ridgeoak.org.

Brain Boosters

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

Shopping Bus

Effective January 2, there will be NO SIGN-UP required for routine shopping bus runs! The shopping bus departure time 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 driver where you need to stop.

Be sure you know what time the bus heads 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!

There is a 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. If you are feeling sick, please consider the other passengers and stay home!

From Congregate - *Shannen*

Bring your containers to dinner to pack any leftovers to take home.

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

To schedule a service or meal, or for questions about your cost for services, 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 - Bingo

Thursday, January 2 - Pokeno & Games

Friday, January 3

Hanukkah Nosh with Rabbi Green

Tuesday, January 7 - Yankee Swap

Wednesday, January 8 - Share a Song

Thursday, January 9 - Ecumenical Service

Thursday, January 9 & January 23

Learn to Line Dance

January 10 - Coffee with Bonnie

Monday, January 13

Library Comes to Felmeth Hall

Tuesday, January 14 - Brain Games

Wednesday, January 15

Eating Well with Diabetes

Wednesday, January 15

Ageless Grace Fitness

Wednesday, January 15 - Karaoke Sing Along

Thursday, January 16 - Afternoon Movie

Friday, January 17 - Making Art!

Tuesday, January 21

Chinese New Year Celebration

Wednesday, January 22 - Out to the Movies

Friday, January 24 - Afternoon Games

Tuesday, January 28 - Birding with Ben

Wednesday, January 29 - Your Eyes & You

Wednesday, January 29 - Drum Circle

Thursday, January 30 - Tour: BJUMC

Friday, January 31 - Card Making

Table Tennis

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 share the table and return all equipment to the bin when you are finished. If you have any interest in participating in a tournament in the future, contact Emma at the main office.

Mahjong

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, and is enjoyed by people worldwide. Contact Emma in the office if you would like to learn. Sign-up required.

Bowling & Chess

Bowling games are played 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 might be interested in 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

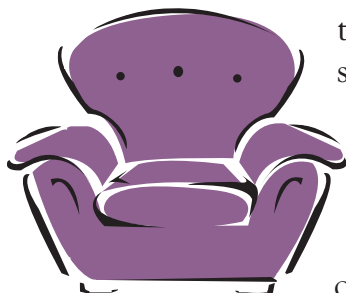
All classes are held in the lower-level Wellness Center at Felmeth Hall.

“For the Men” Fitness - Classes on Wednesdays at 11:30 am in the lower-level Wellness Center. Led by Jim Stamateris, this class is focused 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 and compensation patterns in addition to strengthening exercises to build stability and control.



Each month, the class will focus on a new area of the body, incorporating 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 your routine at home. All fitness levels welcome! Sign-up is required. Cancel by 4 pm the day before class or you will be billed \$5.

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. Cancel by 4 pm the day before class or you will be billed \$5.

Perfect Posture - 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. Cancel by 4 pm the day before class or you will be billed \$5.

Ridge Oak Honeybees

In winter, unlike other insects, honeybees don't go dormant. Instead, they stay awake all winter inside the hive, clustered together 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 (you do not have to be around the bees to help) contact Emma at the office.



The High Notes

The High Notes will take a break for the month of January. Thank you for all your hard work! See you in February. If you are interested in singing, please call or email Emma, elanese@ridgeoak.org.

Shoestring Players

Thank you for the wonderful production of A Christmas Carol! The Shoestring Players will be back in the Spring with their next show. Contact Emma in the office if you have any ideas or would like to get involved!

Happy Hookers

Calling ALL hand work crafters. Join your neighbors and friends Fridays at 10 am in Felmeth Hall for a social time doing all types of handwork. Knitters, cross stitchers, quilters, and embroidery lovers are all invited. We have some real experts in the group who can teach and guide you. Call the “day of” if you need a transporter ride. Sign-up is required.

Bingo

No Bingo Friday, January 24. Bingo is played Fridays at 1 pm in Felmeth Hall. Cost of each card is \$1. Ms. Candy will hostess Prize Bingo Friday, January 17. 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, you can 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

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. Whether you’re looking to relax, recharge, or just interested in learning more about Chinese culture, all residents are welcome. No sign-up is required.

St James Eucharistic Adoration

Every 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. We need to tell the church how many residents will attend. Sign-up is required.

Pokeno & Games

Join us Thursday, January 2 at 2 pm for a game of Pokeno in Felmeth Hall Annex. Bring at least fifty pennies. Other games will also be available including chess, Mahjong, UNO and more. Feel free to bring your own game. Sign-up is 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. Cancel by 4 pm the day before this event or you will be billed \$5.

Yankee Swap

Tuesday, January 7 at 11:30 am, come to Felmeth Hall with a wrapped or bagged gift that you received that



you do not need or do not like or just want to swap for another. Lots of fun for everyone. Sign-up is required.

Share a Song

Wednesday, January 8 at 2 pm, join Emma in the lower-level Wellness Center of Felmeth Hall for some fun listening to music. Bring the name of a song you would like to share with the group. 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.

Ecumenical Service

Father Clarke from St. Mark's Episcopal Church will lead the Ecumenical Service on Thursday, January 9 at 10 am in Felmeth Hall. All are welcome! Sign-up is required. Call the "day of" if you need a ride.

Learn to Line Dance

Join us for line dancing lessons with Dave Farrell on Thursday, January 9 & January 23 at 2 pm in Felmeth Hall. This is a beginner class—no experience or partner needed! Line dancing is a fun way to improve coordination, boost cardiovascular health, and relieve stress. Sign-up is required. Call the "day of" if you need a ride. Cancel by 4 pm the day before this event or you will be billed \$5.

Coffee with Bonnie

Join us in Felmeth Hall on Friday, January 10 at 9:30 am for a cup of coffee (or tea) and a relaxed, question and answer session with Bonnie.

Bring all those questions you've been wanting to ask or ideas you may want to share.

Call the "day of" if you need a ride. No sign up required.



Library Comes to Felmeth Hall

Book Buggy returns on Monday, January 13 at 2 pm. During the winter months, the library will be set up in Felmeth Hall. If you would like to request specific items, call the library at (908-204-3031, option 2) and tell them that you would like the items brought to Ridge Oak with the next Book Buggy OR email requests to circ-ber@mainlib.org. Sign-up is required. Call the "day of" if you need a ride.

Brain Games

Tuesday, January 14 at 2 pm in Felmeth Hall, join Emma for trivia and other fun games to stimulate our brains. Be with your friends and neighbors while exercising your memory and evaluating your knowledge! Call the office the "day of" if you need a ride. Sign-up is required.

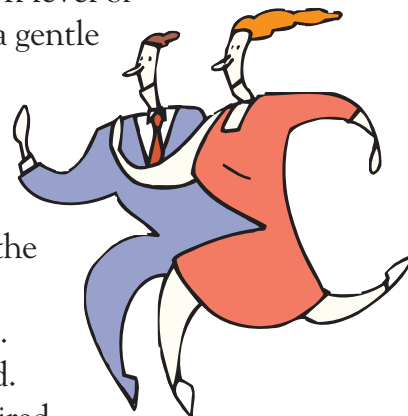
Eating Well with Diabetes

Proper nutrition is a critical component in managing diabetes. Join Mikaela Kane from Rutgers Cooperative Extension on Wednesday, January 15, at 10:30 am in Felmeth Hall as she presents helpful eating tips and foods that can help control or prevent the condition. Sign-up is required. Call the "day of" if you need a ride. Cancel by 4 pm the day before this event or you will be billed \$5.

Ageless Grace Fitness

Join us Wednesday, January 15 at 1 pm in the lower-level Wellness Center at Felmeth Hall. Ageless Grace is a brain fitness program that activates your brain to improve and support cognitive function and revitalizes the physical skills needed to function every day. Sitting in a chair, you can enjoy this fun-filled class of simple, easy to follow natural movements while enjoying music. Anyone can participate at his or her own level of ability. This is a gentle impact fitness class. Wear comfortable clothes and footwear. Call the "day of" if you need a ride. Space is limited. Sign-up is required.

Cancel by 4 pm the day before this event or you will be billed \$5.



Karaoke Sing Along

Join us Wednesday, January 15, at 2 pm in Felmeth Hall for karaoke. Belt out your favorite song. The lyrics and music will be provided on the TV. Sing solo, join a group, or just follow along from your seat, everyone is welcome. We might even hear some Ridge Oak staff join in! Sign-up is required. Call the “day of” if you need a ride.

Afternoon Movie

Join us at Felmeth Hall Thursday, January 16, at 2 pm for a screening of the 2024 family movie *IF*, starring John Krasinski and Ryan Reynolds. In this heartwarming adventure, a young girl discovers that she can see everyone’s imaginary friends. With her unique gift, she embarks on a magical journey to reconnect forgotten IFs with their children. A delightful film that will inspire both wonder and nostalgia. Light refreshments will be provided. Feel free to bring a bag lunch. Sign-up is required.

Making Art!



Friday, January 17 at 11 am, we welcome back our art teacher, Anne Chon. She will be in Village 12, leading a class on acrylic painting. All levels are welcome. Cost of the class is \$10, and you will be billed. Call

the “day of” if you need a ride. If you fail to cancel 24 hours in advance you will be charged the \$10 fee.

Chinese New Year

Tuesday, January 21 at 2 pm in Felmeth Hall join us for a “Year of the Snake” celebration of Chinese New Year. Bright Lin will be here to explain the traditions of the holiday, we will have snacks and performances from your fellow residents. Sign-up is required.

Out to the Movies

The Bus will leave at 12:30 pm from Felmeth Hall on Wednesday, January 22, to Bernardsville movie theater for a private screening of the 2024 film, *Reagan*. If there is more interest than bus seats and you have other transportation, please consider meeting us at the theater so we can include all who want to attend! Water will be provided. Bring money for popcorn and snacks if you wish! Sign-up is required. Cancel by 4 pm the day before this event or you will be billed \$5.

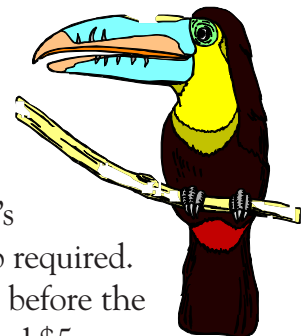
Starring Dennis Quaid, *Reagan* follows the life of the United States of America’s 40th president, Ronald Reagan from his time as a young boy to his tenure in the oval office. The duration of the movie is approximately 2.5 hours.

Afternoon Games

Join us Friday, January 24 at 1 pm in Felmeth Hall for an afternoon of games: Scrabble, Rummikub, UNO, Mahjong, cards and more. Bring any other games you might like to play. Call the “day of” if you need a ride. Sign-up is required.

Birding with Ben

Home to South America’s largest cat and terrestrial mammal, as well as the World’s biggest parrot and toucan—the Brazilian Pantanal is a land of extremes! Join Environmental Education Center Naturalist, Ben Barkley Tuesday, January 28 at 1 pm in Felmeth Hall to see photos, videos, and hear first-hand stories documenting the World’s largest wetland. Sign-up required. Cancel by 4 pm the day before the event or you will be billed \$5.



Your Eyes and You

Optometrists, Dr. Michael and Dr. Amanda Gredzik will return to Felmeth Hall Wednesday, January 29 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 (908) 221-0266 or email mclark@ridgeoak.org. Cancel by 4 pm the day before the event or you will be billed \$5.

Drum Circle

Join Emma for a drum circle on Wednesday, January 29 at 2 pm in Lower-Level Wellness Center. A fun and relaxing way to reduce stress, boost creativity, and build community. Everyone is welcome. Sign-up is required.

Faith Tradition Tour:

Bishop Janes United Methodist Church

Thursday, January 30. the bus will leave Felmeth Hall at 1:45 pm for Bishop Janes United Methodist Church. Pastor Dave Tillisch will provide a tour of the Sanctuary, offer history of the congregation and insight into United Methodist faith, and answer questions. All faiths are welcome! Sign-up is required. Cancel by 4 pm the day before this event or you will be billed \$5.

Card Making

Friday, January 31 at 2:30 pm in Village 12, join Brenda Miller for card making. We will make greeting cards using stamps, ink, and paper. All supplies provided and all crafting levels welcome! Call the "day of" if you need a ride. Space is limited to 15 participants. Sign-up is required.

Resident Recommendation

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

Out & About *Local Happenings*

Bernardsville Cinema Free Theatrical Evening

Head over to Bernardsville movie theater for a free viewing of the Japanese production of *Spirited Away* on Friday, January 31 at 6 pm. Tickets are free, but you must register in advance at www.bernardsvillecinema.com or call (908) 766-0770.

Bernards Township Library Events

Bernards Township Library hosts many free events. For all virtual programs, registration is required to receive a ZOOM link: www.BernardsLibrary.org or call (908) 204-3031 x116.

- Virtual: Philadelphia - America's Garden Capital, Monday, January 6 at 7 pm.
- Virtual: Begin the New Year with the Healing Power of Meditation, Tuesday, January 14 at 7 pm.
- Virtual: Aaron Copland with Dr. Robert Butts, Thursday, January 16 at 7 pm.
- Virtual: The Good, the Bad, and the Scary of AI, Tuesday, January 21 at 7 pm.
- Virtual: Living a Mindful Life, Monday, January 27 at 7 pm.
- Virtual: Norman Rockwell - An American Phenomenon with Janet Mandel, Thursday, January 30 at 7 pm.

Your Privacy, Your Decision

It is up to you. If you would like your birthday published in ACORNS call or email Suzanne at the office – sreino@ridgeoak.org.

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 CALENDAR
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Week of January 1st

- 1st Wednesday
OFFICE CLOSED- Happy New Year!
- 2nd Thursday
10 am BUS Farmers Market
10 am BUS St James Eucharistic
11:30 am Blood Pressure Clinic
12 pm LUNCH- Pulled Pork Sliders
2 pm Pokeno & Games
- 3rd Friday
10 am Hannukah Nosh w/ Rabbi Green
10 am Happy Hookers
10 BUS Walmart Manville
1 pm Bingo
5 pm DINNER- Stuffed Peppers

Week of January 6th

- 6th Monday
9:30/10:30am Bowling
10 am BUS Bernardsville
11 am Chess
1:30 pm Chair Yoga
2 pm Chinese Traditional Exercise V12
5 pm DINNER- Cranberry Baked Ham
- 7th Tuesday
9:30 am Mahjong
10 am BUS Stirling & Gillette
11 am Table Tennis Open Play V12
11:30 am Yankee Swap
12:30 pm Perfect Posture
5 pm DINNER- Panko Tilapia
- 8th Wednesday
10 am BUS Lyons Mall
11:30 am "For the Men" Fitness
2 pm Share a Song
2 pm Chinese Traditional Exercise V12
5 pm DINNER- General Tso's Chicken

- 9th Thursday
10 am BUS Farmers Market
10 am BUS St James Eucharistic
10 am Ecumenical Service
11:30 am Blood Pressure Clinic
12 pm LUNCH - Hot Beef Sloppy Joe
2 pm Learn to Line Dance
- 10th Friday
9:30 am Coffee with Bonnie
10 am Happy Hookers
10 am BUS Target Bridgewater
1 pm Bingo
5 pm DINNER- Turkey Burger

Week of January 13th

- 13th Monday
9:30/10:30am Bowling
10 am BUS Bernardsville
11 am Chess
1:30 pm Chair Yoga
2 pm Library Comes to Felmeth Hall
2 pm Chinese Traditional Exercise V12
5 pm DINNER- Lemon Chicken
- 14th Tuesday
9:30 am Mahjong
10 am BUS Stirling & Gillette
11 am Table Tennis Open Play V12
12:30 pm Perfect Posture
2 pm Brain Games
5 pm DINNER- Stuffed Shells
- 15th Wednesday
10 am BUS Lyons Mall
10:30 am Eating Well with Diabetes
11:30 am "For the Men" Fitness
1 pm Ageless Grace Fitness
2 pm Karaoke Sing Along
2 pm Chinese Traditional Exercise V12
5 pm DINNER- Meatloaf



16th Thursday
10 am BUS Farmers Market
10 am BUS St James Eucharistic
11:30 am Blood Pressure Clinic
12 pm LUNCH- Turkey Sandwich
2 pm Afternoon Movie

17th Friday
10 am BUS Uncle Giuseppe's & Kohl's
10 am Happy Hookers
11 am Making Art! V12
1 pm Ms. Candy's Prize Bingo
5 pm DINNER- Stuffed Flounder

Week of January 20th

20th Monday
9:30/10:30 Bowling
10 am BUS Bernardsville
11 am Chess
1:30 pm Chair Yoga
2 pm Chinese Traditional Exercise V12
5 pm DINNER- Ginger Pork Loin

21st Tuesday
9:30 am Mahjong
12:30 pm Perfect Posture
2 pm Chinese New Year Celebration
5 pm DINNER- No Meal

22nd Wednesday
10 am BUS Lyons Mall
11:30 am "For the Men" Fitness
12:30 pm Out to the Movies
2 pm Chinese Traditional Exercise V12
5 pm DINNER- Beef Lo Mein

23rd Thursday
10 am BUS Farmers Market
10 am BUS St James Eucharistic
11:30 am Blood Pressure Clinic
12 pm LUNCH- BBQ Chicken Sliders
2 pm Learn to Line Dance

24th Friday
10 am BUS Flemington Dutch Market
10 am Happy Hookers
1 pm Afternoon Games
5 pm DINNER- Citrus Glazed Salmon

Week of January 27th

27th Monday
9:30/10:30 Bowling
10 am BUS Bernardsville
11 am Chess
1:30 pm Chair Yoga
2 pm Chinese Traditional Exercise V12
5 pm DINNER- Beef Short Ribs

28th Tuesday
9:30 am Mahjong
10 am BUS Stirling & Gillette
11 am Table Tennis Open Play V12
12:30 pm Perfect Posture
1 pm Birding with Ben
5 pm DINNER- Chicken Tenders

29th Wednesday
10 am BUS Lyons Mall
10 am Your Eyes & You
11:30 am "For the Men" Fitness
2 pm Drum Circle
2 pm Chinese Traditional Exercise V12
5 pm DINNER- Eggplant Parmesan

30th Thursday
10 am BUS Farmers Market
10 am BUS St James Eucharistic
11:30 am Blood Pressure Clinic
12 pm LUNCH – Corned Beef Reuben
1:45 pm Faith Tradition Tour: BJUMC

31st Friday
10 am BUS Macy's Bridgewater
10 am Happy Hookers
1 pm Bingo
2:30 pm Card Making V12
5 pm DINNER- Shrimp Scampi

