

ACORNNS

VOLUME 48, ISSUE 2 FEBRUARY 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 on Monday, February 17 for President's Day.

Laundry Room Courtesy

When doing laundry, please consider the resident who will use the machines after you.

- Clean out washer and dryer lint traps after every load of laundry. It's common courtesy to do so and a serious fire hazard to let lint build up.
- Set a timer and remove your laundry promptly from washers and dryers.
- Do not let water run in the laundry room sink.
- Never wash rugs in any Ridge Oak machines.
- Do not leave unwanted personal items on laundry room counter or tables for others to take—no personal donations and unwanted "stuff". Any items found will be thrown away.
- Scented laundry products may smell good to you but may cause others serious problems.
- You may use the laundry machines in any Ridge Oak laundry room, regardless of where your apartment is located.
- We check cameras and will follow up with residents and families when residents are sloppy, discourteous and leave unwanted items behind.



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.

Pull Cord Alarms

Pull cords in your apartment are designed to activate both an audio and visual alarm outside your apartment in case of an emergency. If you accidentally pull the cord and activate the alarm, the switch will move to the "down" position. You can easily reset it by pushing the switch back to the "up" position. Feel free to reset it on your own. Please note that these alarms are not centrally monitored by Ridge Oak or any other entity.

Celebrating Diversity *Understanding Ramadan*

This year, Ramadan, the holy month of fasting observed by Muslims worldwide, is expected to begin on the evening of Friday, February 28 and conclude on the evening of Sunday, March 30. During this time, Muslims fast

from dawn until sunset, focusing on prayer, self-reflection, and acts of kindness. It's a time of spiritual renewal and community connection, culminating in the celebration of Eid al-Fitr. At Ridge Oak, we are proud of the diverse faiths and traditions that make up our community. Ramadan reminds us of the importance of respect for one another's beliefs.

Giving Tree Donations

Thank you for your wonderful donations during the holiday season. We collected over 60 towels, toys, bath soap, and more, along with a cash donation of \$180 from our holiday open house. The mothers and children at the Center for Great Expectation in Somerset, New Jersey are deeply grateful for your generosity.



December Drawing Winner

Congratulations to our Ridge Oak resident who won the lovely antique chair refurbished by one of Ridge Oak's founders, Bob Boye. Thank you to everyone who bought tickets and donated. We raised \$140 for Basking Ridge First Aid Squad.

Congratulations Emma!

Our recreation manager, Emma Lanese, has been selected as a recipient of the LeadingAge New Jersey & Delaware 2025 Excellence in Innovation Award! She was nominated by Ridge Oak for her outstanding work with the bees and apiary.

LeadingAge New Jersey & Delaware, a national aging services organization with state chapters, hosts an annual award ceremony to honor members who make a meaningful impact on the lives of residents, colleagues, and their local communities.

Tax Preparation at Ridge Oak 2024 Income Tax

Friday March 14, VITA (Volunteer Income Tax Assistance) from Bernards Township Library will schedule appointments at Ridge Oak to help residents who need to file income tax.

“Do I or do I not have to file?” If you are over 65 and single you do not need to file income tax forms unless:

- Your income in 2024 from sources other than Social Security was greater than \$16,550
- One half (50%) of your Social Security plus all your other income was greater than \$25,000.
- You had taxes withheld from your pension or earnings and wish to file for a refund.

If you have questions about filing, leave a message for our volunteer, Joe Ryder, at Bernards Township Library, 204-3031 ext. 2, and he will get back to you.

Appointments can be made (started January 15) by calling the library on the above number.

Podiatry Services

We are no longer assisting Dr. Root with administrative or scheduling support. If you would like to continue utilizing her services, please contact her directly:

Dr. Sharon Root
151 NJ-10, Succasunna, NJ 07876
973-252-8787

Therapy at Home

Ridge Oak has partnered with Fellowship Life to offer Medicare Part B therapy services to residents. The therapies offered include physical, occupational, and speech therapy, with the goal of helping residents maintain strength and avoid hospitalizations. These services are available either in your home or in the Wellness Center, on the lower level of Felmeth Hall. Ridge Oak does not have access

to your private health information; all paperwork, appointments, billing, and services are managed directly by Fellowship Life professionals. For more information, please email Molly Clark at mclark@ridgeoak.org or call Molly at the Ridge Oak office.

A testimonial from one of our residents: “The Fellowship Life physical therapist helped me tremendously. I can now get onto the bus and also walk comfortably to Village 12 from my apartment. I recommend them wholeheartedly!”

Simple Scam Tip

Some residents and staff have received fake texts claiming to be from EZ Pass, saying they owed tolls and needed to pay by a certain date to avoid a fine. These messages may include a link to a fake website trying to steal your personal information. Don't click on any links. Instead, log into your EZ Pass account directly through their official website or app, or call customer service using the number on the site. Legitimate companies won't pressure you with urgent texts, so always double-check before making any payments.

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 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.

Wellness Nurse

Ridge Oak has a Wellness Nurse on site every Tuesday & Thursday. Eunice is available to answer questions about any health concerns so they can be quickly addressed before they turn into bigger problems. There is no cost for this service! Call the Ridge Oak office to make an appointment to have Eunice visit your apartment or to stop by and see her here.

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, contact Molly at the office at least 7 days in advance of the scheduled appointment.

Zufall Dental Van

The fully equipped and full service affordable and convenient 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 and your brain busy? See Emma in Felmeth Hall or call the office for your monthly copy to be dropped off at your door.

Event Attendance Policy

Emma, Shannen, and the entire Ridge Oak team work hard to plan and host activities and meals for everyone. We kindly ask that you respect the staff and your fellow residents by showing up and 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. To avoid this, please make a note on your calendar or enable Touchtown notifications as a helpful reminder for your events. If you need assistance enabling notifications, contact 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.

Shopping Bus

There is NO SIGN UP required for routine shopping bus runs! 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 stop at 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 is going 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.

Always check the calendar for dates, times, and destination.

From Congregate - *Shannen*

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

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

If you want 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 - Bingo

Wednesday, February 5

Acoustic Love Songs

Thursday, February 6 & February 20

Learn to Line Dance

Friday, February 7 - YMCA Valentine Bingo

Sunday, February 9

Superbowl Viewing Party

Monday, February 10 -Table Games V12

Tuesday, February 11

Get Your Glasses Adjusted

Tuesday, February 11 - Karaoke Sing Along

Thursday, February 13

Ecumenical Service

Thursday, February 13 - Afternoon Movie

Tuesday, February 18

Black History Tour & Lunch

Tuesday, February 18 - Pokeno

Wednesday, February 19

The Beauty of the Harp

Wednesday, February 19

High Notes Rehearsal

Friday, February 21 - Coffee with Bonnie

Monday, February 24

Watercolors with Wendy V12

Monday, February 24

Shoestring Players Rehearsal

Tuesday, February 25 - Animals go to War

Wednesday, February 26 - Breathe Easy

Wednesday, February 26 - Share a Song

Thursday, February 27

Getting to Know You

Friday, February 28

Out to Eat: Country Squire

Friday, February 28 - Card Making V12

Table Tennis

Every Tuesday in Village 12, there is Table Tennis "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. Share the table and return all equipment to the bin when you are finished.

Mahjong

Mahjong is played on Tuesday mornings from 9:30 am to 11:30 am in Felmeth Hall. Mahjong is a traditional Chinese tile game. Players aim to 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 are interested in learning. Sign-up is required.

Bowling & Chess

No Bowling or Chess Monday, February 17. Bowling games are played Mondays at 9:30 am and 10:30 am. Only four people each hour. Stop by 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 card tables for chess players. If you would like to play chess, call the office for information.

Exercise Series

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

“For the Men” Fitness - Classes Wednesdays at 11:30 am in lower-level Wellness Center. Led by Jim Stamateris, the class focuses on movement, core stability and flexibility. Warm up with stretches and movements to prevent overuse. Strengthening exercises build stability and control. Each month, the class focuses on a new area of the body, with dynamic, static, and active stretching plus strength and mobility exercises. At the end of each month, you’ll get handouts covering all the exercises and stretches, so you can keep up with 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 - No Class Monday, February 17. Held on Mondays at 1:30 pm in the Wellness Center. Led by Michele Gorka from Fellowship, this 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 in a ball,

eating honey, and shivering their flight muscles to generate heat. 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.

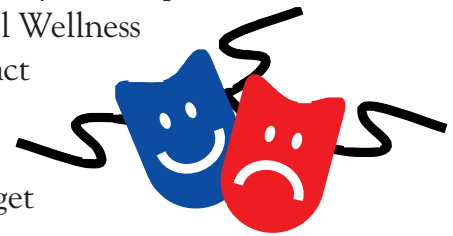


The High Notes

The High Notes will begin rehearsal for their spring concert on Wednesday, February 19 at 3 pm in the lower-level Wellness Center. This season’s theme is Juke Box! If you are interested in singing, please call or email Emma, elanese@ridgeoak.org.

Shoestring Players

Shoestring Players will begin rehearsals for the spring production of *Arsenic and Old Lace* Monday, February 24 at 3 pm in the lower-level Wellness Center. Contact Emma in the office if you would like to get involved!



Happy Hookers

Join your neighbors 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

Bingo is played Fridays at 1 pm in Felmeth Hall. Cost of each card is \$1. Ms. Candy will hostess Prize Bingo on Friday, February 14. 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 hosts a weekly blood pressure clinic in Felmeth Hall annex. 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

No Exercise Monday, February 10 & 17. Every Monday & Wednesday through the winter, schedule permitting, we will have Chinese Traditional exercise in Village 12 at 2 pm. The program is led by fellow residents. If you’re looking to relax, recharge, or want to learn 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 them to Ridge Oak. We need to tell the church how many residents will attend. Sign-up is required.

Acoustic Love Songs

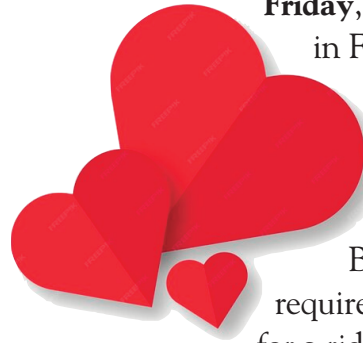
Join us on Wednesday, February 5 at 2 pm in Felmeth Hall for an hour of live music! Local musician Dan Furnald will serenade us with his acoustic guitar and voice, setting the perfect mood for Valentine’s Day. Sign-up is required. Call the “day of” if you need a ride. Cancel by 4 pm the day before this event or you will be billed \$5.

Learn to Line Dance

Line dancing with Dave Farrell will continue Thursday, February 6 & February 20 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.

YMCA Valentine Bingo



Friday, February 7, at 1 pm in Felmeth Hall, YMCA Togetherhood Committee will host an afternoon of Valentine Prize Bingo! Sign-up is required. Call the “day of” for a ride.

Togetherhood Program provides members of Somerset Hills YMCA and the community with rewarding opportunities to give back and support our neighbors while having fun!

Superbowl Viewing Party

Join us in Felmeth Hall Sunday, February 9 at 6 pm to watch the biggest game of the year! Light refreshments will be provided. Kickoff is at 6:30 pm. Sign-up is required.

Table Games

Join us Monday, February 10 at 2 pm in Village 12 for an afternoon of games: Scrabble, Rummikub, UNO, Mahjong, cards and more. Bring any other games you might like. Call the “day of” if you need a ride. Sign-up is required.

Get Your Glasses Adjusted

Tuesday, February 11 at 12:30 pm come to Felmeth Hall for a visit from local optician, Jerry York. He will offer glasses adjustments to ensure a perfect fit! Sign-up is required.

Karaoke Sing Along

Tuesday, February 11, join us at 2 pm in Felmeth Hall for karaoke. Belt out your favorite song. Lyrics and music will be provided

on the TV. Sing solo, join a group, or 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.

Ecumenical Service

Father Clarke from St. Mark’s Episcopal Church will lead the Ecumenical Service on Thursday, February 13 at 10 am in Felmeth Hall. All are welcome! Sign-up is required. Call the “day of” if you need a ride.

Afternoon Movie

Join us in Felmeth Hall Thursday, February 13 at 2 pm for a Valentine viewing of the 2004 romantic drama *The Notebook*. Based on the Nicholas Sparks novel, the film stars Ryan Gosling and Rachel McAdams as a young couple who fall in love in the 1940s. Their story is read from a notebook in the present day by an elderly man, telling the tale to a fellow nursing home resident. Light refreshments will be provided. Sign-up is required.

Eyewitnesses to Black History Tour

In honor of Black History Month, the bus will leave Felmeth Hall at 10 am on Tuesday, February 18, for a historic tour of the Crane House & Historic YMCA in Montclair, NJ. Discover 200 years of Black history in Montclair and New Jersey through rare first-hand accounts and artifacts, including a bill of sale for an enslaved person, 1800s newspapers, personal letters, and mid-century magazines like *Jet* and *Ebony*. These artifacts provide for a discussion about race in the past and present day. The tour is an hour and is accessible via ramp or elevator. Cost of the tour is \$5, and you will be billed in March. After the tour, bring money for lunch before returning home.

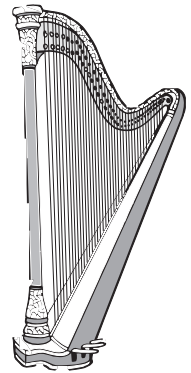
Sign-up is required, space is limited. Cancel by 4 pm the day before this event or you will be billed \$5.

Pokeno

Come for a game of Pokeno Tuesday, February 18 at 2 pm in Felmeth Hall Annex. Bring at least fifty pennies. Sign-up is required. Call the “day of” if you need a ride.

Beauty of the Harp

Wednesday, February 19 at 1:30 pm, join us in Felmeth Hall for a performance by the internationally acclaimed classical harpist, Merynda Adams. She will play Romantic Music for the Harp, offering a beautiful afternoon of music. Call the “day of” if you need a ride. Cancel by 4 pm the day before or you will be billed \$5.



Library Comes to Felmeth Hall

Book Buggy returns on Thursday, February 20 at 2:30 pm. During the winter months, the library will be set up in Felmeth Hall.

To request a specific item, call the library at (908-204-3031, option 2) and tell them that you would like the item 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.

Coffee with Bonnie

Join us in Felmeth Hall

Friday, February 21 at 9:30 am for coffee (or tea) and a question and answer session with Bonnie. Bring those questions you’ve been

wanting to ask. Call the

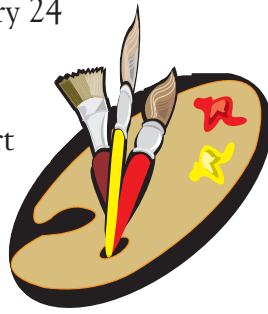
“day of” if you need a ride. No sign-up required.



Watercolors with Wendy

Beginning Monday, February 24 at 10 am in Village 12, Wendy Hallstrom from Center of Contemporary Art will be back to lead a five-week water-color series.

This class can be adapted for all levels! No experience is needed. Space is limited to 10 each week. Sign-up is required. If you can't make it to the class, be sure to cancel or you will be billed \$5.



Animals go to War

With men in uniform, creatures large and small heroically performed during World War I from 1914–1918. Not only did animals help save lives, but they comforted soldiers facing hardships and danger. Join Joan Schaible on Tuesday, February 25 at 1:30 pm in Felmeth Hall as she introduces the pets, rodents, farm and circus animals, birds and even insects that accomplished amazing things during this conflict. 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.

Breathing Workshop for Heart Healthy Month

Join us Wednesday, February 26 at 2 pm in lower-level wellness room for “Breathe Easy,” a guided breathing workshop to promote heart health and reduce stress. Facilitated by Emma and Michele (our Chair Yoga instructor), this brief program will introduce simple effective breathing techniques to help improve circulation, lower blood pressure, and support overall well-being. Take a deep breath and learn how to care for your heart with mindfulness and relaxation practices. Sign-up is required. Call the “day of” if you need a ride.

Share a Song

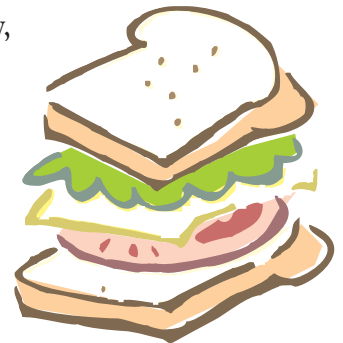
Wednesday, February 26 at 3 pm, join Emma in the lower-level Wellness Center of Felmeth Hall for some fun listening to music. Bring the name of a song you would like to share. We will listen to a recording and sing along. Emma will access the music using YouTube. You do not need to share a song to enjoy the music! Sign-up is required.

Getting to Know You

Come for the first Getting to Know You event Thursday, February 27 at 2 pm in Felmeth Hall, as we spotlight one of our residents. Hear her inspiring stories, learn about her journey, and enjoy personal photos that bring her story to life. This is the first of many, where we'll celebrate and connect with more of the wonderful residents of Ridge Oak! Sign-up is required. Call the “day of” if you need a ride.

Out to Eat

The bus will leave Felmeth Hall at 10:30 am Friday, February 28, for The Country Squire in Warren for a delicious breakfast or lunch, whichever you prefer! Make sure to bring your money. Sign-up is required. Space is limited.



Card Making

Friday, February 28 at 2 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. Cancel by 4 pm the day before the event or you will be billed \$5.

Resident Recommendation

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.

This month's recommendation: If you're looking for a five-star meal, Cafe Sapori is the place to be, 995 Mt. Kemble Avenue in Morristown. Open for lunch and dinner but closed on Tuesdays. For information call 908-375-8730 or view their menu online at www.Saporicafe.com.

Out and About *Local Happenings*

Bernardsville Cinema Free Theatrical Evening. Head to Bernardsville movie theater for a free viewing of *Titanic the Musical* on February 28 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 at www.BernardsLibrary.org or call (908) 204-3031 x116.

- In Person: "All Our Love" featuring Cover Girls LIVE in Concert, Sunday, February 2 at 2 pm
- Virtual: France – a New Jersey Audubon Photo Lecture, Monday, February 3 at 7 pm
- Virtual: Civil Rights Movement and Martin Luther King, with Mario Medici, Thursday, February 13 at 7 pm
- In Person: iPad and iPhone Basics, Tuesday, February 25 at 11 am
- In Person: Adult Crafter Corner Event: DIY Collage Workshop with Kara DJ, Friday, February 28 at 2 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.

● ● ● ● ● CALENDAR ● ● ● ● ●

Week of February 3rd

3rd 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- Chicken Cordon Bleu

4th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 11 am Table Tennis Open Play V12
 12 pm LUNCH- Roast Beef Sandwich
 12:30 pm Perfect Posture

5th Wednesday
 10 am BUS Lyons Mall
 11:30 am "For the Men" Fitness
 2 pm Acoustic Love Songs
 2 pm Chinese Traditional Exercise V12
 5 pm DINNER- Sliced Pork Roast

6th Thursday
 10 am BUS Farmers Market
 10 am BUS St James Eucharistic
 11:30 am Blood Pressure Clinic
 12 pm LUNCH – Turkey Sloppy Joe
 2 pm Learn to Line Dance

7th Friday
 10 am BUS Walmart Manville
 10 am Happy Hookers
 1 pm YMCA Valentine Bingo
 5 pm DINNER- Lemon Caper Shrimp

9th Sunday / 6 pm Superbowl Viewing Party

Week of February 10th

10th Monday
 9:30/10:30am Bowling
 10 am BUS Bernardsville
 11 am Chess
 1:30 pm Chair Yoga
 2 pm Table Games V12
 5 pm DINNER- Baked Ham

11th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 11 am Table Tennis Open Play V12
 12:30 pm Perfect Posture
 12:30 pm Get Your Glasses Adjusted
 2 pm Karaoke Sing Along
 5 pm DINNER- Italian Seasoned Flounder

12th Wednesday
 10 am BUS Lyons Mall
 11:30 am “For the Men” Fitness
 2 pm Chinese Traditional Exercise V12
 5 pm DINNER- Ziti and Meatballs

13th 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- Spinach Quiche
 2 pm Afternoon Movie

14th Friday
 10 am BUS Dutch Market Flemington
 10 am Happy Hookers
 1 pm Ms. Candy’s Valentine Prize Bingo
 5 pm DINNER- Stuffed Chicken

Week of February 17th

17th Monday
 OFFICE CLOSED-President’s Day

18th Tuesday
 9:30 am Mahjong
 10 am Black History Tour & Lunch
 11 am Table Tennis Open Play V12
 12:30 pm Perfect Posture
 2 pm Pokeno
 5 pm DINNER- Citrus Glazed Salmon

19th Wednesday
 10 am BUS Lyons Mall
 11:30 am “For the Men” Fitness
 1:30 pm Beauty of the Harp
 2 pm Chinese Traditional Exercise V12
 3 pm High Notes Rehearsal
 5 pm DINNER- General Tso’s Chicken

20th Thursday
 10 am BUS Farmers Market
 10 am BUS St James Eucharistic
 11:30 am Blood Pressure Clinic
 12 pm LUNCH- Hot Beef Sloppy Joe
 2 pm Learn to Line Dance
 2:30 pm Library Comes to Felmeth Hall

21st Friday
 9:30 am Coffee with Bonnie
 10 am BUS Wegmans Bridgewater
 10 am Happy Hookers
 1 pm Bingo
 5 pm DINNER- Vegetable Lasagna

Week of February 24th

24th Monday
 9:30/10:30 Bowling
 10 am BUS Bernardsville
 10 am Watercolors with Wendy V12
 11 am Chess
 1:30 pm Chair Yoga
 2 pm Chinese Traditional Exercise V12
 3 pm Shoestring Players Rehearsal
 5 pm DINNER- Panko Tilapia

25th 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 Animals go to War
 5 pm DINNER- Stuffed Shells

26th Wednesday
 10 am BUS Lyons Mall
 11:30 am “For the Men” Fitness
 2 pm Breathe Easy Workshop
 2 pm Chinese Traditional Exercise V12
 3 pm Share a Song
 5 pm DINNER- Meatloaf

27th 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 Getting to Know You

28th Friday
 10 am Happy Hookers
 10:30 am Out to Eat: Country Squire,
 1 pm Bingo
 2 pm Card Making V12
 5 pm DINNER- Chicken Pot Pie

