

ACORNS

VOLUME 47, ISSUE 10 OCTOBER 2024

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

908/221-0266

FAX: 908/221-0042

www.ridgeoak.org

Safety First

Please stay on the sidewalks when walking around Ridge Oak property and surrounding neighborhoods. Recently, a resident fell into a ditch and was injured after stepping off the edge of a nearby street. **DO NOT** walk on the roadways or the grass!

Shocking!

It's horrifying how fast people drive inside Ridge Oak and in surrounding neighborhoods! **SLOW DOWN!** The limit is 25 mph in this neighborhood and 20 mph inside Ridge Oak. Remind your family and friends too!

Walgreens Vaccine Clinics

Walgreens will be on-site to administer flu shots Tuesday, October 22 from 9 am to 1 pm. Bring your ID, Medicare/Medicaid, supplement insurance cards with you. There is no charge if you have insurance. Sign-up is required. After all sign ups have been taken you will be contacted with your appointment time. A limited number of shots may be available for those without insurance. Please inquire at sign-up.

Save the Date:

Thursday, November 12

Walgreens will be here for a COVID booster vaccine clinic. Look for more details in the November Acorns.



Recreation Survey

Our recreation survey was sent out to all residents at the beginning of September. If you haven't already, please kindly return your completed survey via US mail, drop in the black box outside Felmeth Hall office or scan and e-mail to info@ridgeoak.org. Your feedback matters!

Therapy at Home

As a reminder, Ridge Oak has partnered with Fellowship Life to offer Medicare Part B therapy services to residents. 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 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.

Familiar Name Scams

Scammers often use the names of familiar people or organizations to trick victims into giving away personal information or money. They might pretend to be from a trusted company, like your bank, or even Ridge Oak, and may also pose as family members. These scams rely on the trust people have in these names, so it's important to be cautious, verify any unexpected requests, and report anything suspicious to avoid falling victim to these schemes.

833 Calls

Ever get a call from an "833" area code? There is no geographic location with an 833-area code. Ignore it and block the sender. This is a call center (probably a scammer) trying to reach you!

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 Ridge Oak office for an appointment to have Eunice visit your apartment or to stop by and see her here.

Medication Management

Medication management helps ensure that people take their medications correctly and safely. It reduces the risk of harmful side effects, prevents missed doses or taking too much, and makes sure all medications work well together. If you have trouble managing medications on your own, and are interested in medication management services, call Molly in the office or email mclark@ridgeoak.org. This service is billed under our CHSP program rates.

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, please call Molly at the Ridge Oak office or email mclark@ridgeoak.org.



Zufall Dental Van

The fully equipped and full service affordable Zufall Dental van continues to serve Ridge Oak residents. There is currently a waiting list for services. If you would like to become 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

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 makes stops at Wells Fargo and Bank of America—for quick banking transactions, like depositing a check or getting money from the ATM. Just tell the office when you are signing up so we can ensure you get to where you need to go.

Please 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 home!

There is 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. If you are feeling sick, please stay home! Sign-up for shopping bus is required.

From Congregate - *Shannen*

Bring containers to dinner for any leftovers you would like to take home.

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

To schedule a service or meal, or if you have questions about your cost for ANY service, 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 - Bridge to Success V12

Tuesdays - Perfect Posture

Tuesdays - Mahjong

Wednesdays - NEW "For the Men" Fitness

Thursdays

Get Your Life Back with Pastor Dave

Fridays - Bowling

Fridays - Happy Hookers

Fridays - NEW Zumba Gold

Fridays - Bingo

Tuesday, October 1 & October 22

Walk in a Park

Wednesday, October 2

Karaoke Sing Along

Sunday, October 6

Girl Scout Pen Pal Social

Tuesday, October 8 - Pokeno

Wednesday, October 9 - Share a Song

Thursday, October 10 - Ecumenical Service

Thursday, October 10 - Disco Dance

Friday, October 11 - Coffee with Bonnie

Tuesday, October 15 - Brain Games

Wednesday, October 16 - Cardio Drumming

Thursday, October 17 - Table Games

Friday, October 18 - Alstede Farm Chester

Friday, October 18 - Card Making

Tuesday, October 22 - Flu Clinic

Wednesday, October 23- Manville Bingo

Thursday, October 24

Library Book Buggy

Tuesday, October 29 - Afternoon Movie

Wednesday, October 30 - Ensemble of Hope

Thursday, October 31

Halloween Pizza & Prize Bingo

Mahjong Lessons

No Mahjong Tuesday, October 22. Mahjong is played Tuesday mornings from 9:30 to 11:30 am in Felmeth Hall. A traditional Chinese tile game, players assemble tiles based on specific patterns and combinations. It requires strategic thinking, pattern recognition, and luck, making it a challenging and engaging pastime.

We need at least four players here each week to play. Please contact Emma in the office before signing up on Touchtown!

Bowling & Chess

No Bowling Friday, October 11 & 18. Bowling games are played Mondays & Fridays at 9:30 am and 10:30 am. Only four people each hour. No experience required. Stop by to see if you'd like to play. Call the office to check availability. Sign-up is 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. Sign up early to guarantee a spot!

NEW "For the Men" Fitness – 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. Compensation patterns and strengthening exercises build stability and control in daily activities.

Each month, the class will focus on a new area of the body, with 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, this class flows through both seated and standing yoga postures. All fitness levels welcome! Sign-up is required.

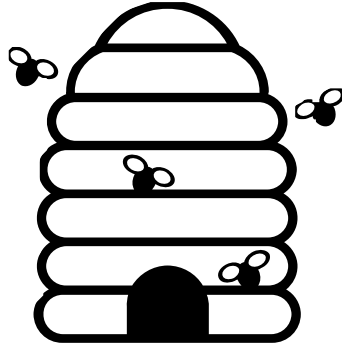
Perfect Posture – Tuesdays at 12:30 pm in the Wellness Center. Led by Megan Lynch-Smith from Fellowship. You will learn stretches and exercises to improve postural alignment. All fitness levels welcome! Sign-up is required.

Zumba Gold – No class Friday, October 18. Fridays at 11 am in the 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 (think grapevine and v-step), Zumba incorporates a variety of dance styles such as salsa, merengue, cumbia, reggaeton, bhangra and more.



Ridge Oak Honeybees

With the help of some resident volunteers, we extracted about ten pounds of honey from one of our hives on September 12. This was a fantastic result for a first-year hive!



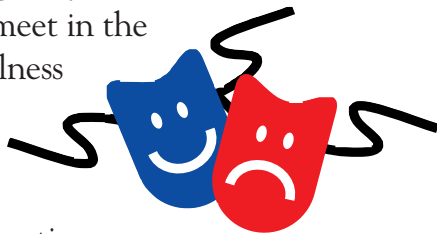
Check out our module on Touchtown for videos and pictures from our extraction! Now it's time to prepare for the winter. Over the next few weeks, we will be treating the hive for mites and insulating the hives to help the bees stay warm and dry! If you have questions about the honeybees or want to get 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

Rehearsals for Ridge Oak choir will be Wednesday, October 2, 16, & 30 at 3 pm in the lower-level Wellness Room. This group is open to all residents! If you are interested in singing, please call or email Emma, elanese@ridgeoak.org.

Shoestring Players

The Shoestring Players are back! We will meet in the lower-level wellness center on Thursday, October 17 at 3:30 pm. No acting experience is necessary. Come and find out what it is all about! Sign-up is required.



Happy Hookers

Happy Hookers will meet in Village 12 on October 18. Calling ALL hand work crafters. Join your neighbors and friends on 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 that can teach and guide you. Call the "day of" if you need a transporter ride. Sign-up is required.

Bingo

No Bingo Friday, October 18. Bingo is played Fridays at 1 pm in Felmeth Hall. The cost of each card is \$1. Ms. Candy will hostess Prize Bingo on Friday, October 25. Call the "day of" if you need a ride on the transporter. Sign-up is required to play each week.

Walk in a Park

Join Emma Tuesday, October 1 & 22 at 2 pm for a walk in one of our local parks. Residents are welcome to bring their dogs (on a leash). Dogs and humans need steps! If the weather is questionable, call the office. Sign-up required.

Watercolor Series

Wednesday, October 2, 9, 16, & 23 at 10 am in Village 12, Wendy Halstrom from Center for Contemporary Arts in Bedminster will continue our six-week watercolor series. Sign-ups are only for those who started the class in September. We are limited to 12 residents.

Karaoke Sing Along

Join us Wednesday, October 2, at 2 pm in Felmeth Hall for karaoke. Lyrics and music will be provided on the TV. Whether you prefer to 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.

Spiritual Group

Our resident-led spiritual study and prayer group meets Thursday, October 3 & 17 at 1 pm in the lower-level Wellness Center. This is 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 questions. Sign-up is required.

Get Your Life Back with Pastor Dave

Beginning Thursday, October 3 at 10 am in Felmeth Hall, Pastor Dave will start a six-week series centered around John Eldredge's book, *Get Your Life Back: Everyday Practices for a World Gone Mad*. By incorporating a few simple practices—referred to by John as “graces”—you can begin to recover your soul, disentangle from the tragedies of this broken world, and discover the restorative power of beauty. The series will continue October 17, 24 and November 7, 14, & 21 at 10 am leading up to the Advent season. Materials provided. All residents are welcome! Sign-up is required.

Girl Scout Pen Pal Social

Over the past year, 15 local Girl Scouts have been exchanging letters with Ridge Oak residents. Join us on Sunday, October 6, at 2:30 pm in Felmeth Hall to meet your pen pal in person! The Girl Scouts will bring treats and activities for a fun afternoon. Sign-up is required and is only for residents who have pen pals. Transportation will be available. Tell the office by Friday, October 4 if you need a ride.

Bridge to Success

Monday, October 7, 14, 21, & 28 at 2:30 pm in Village 12, Empower Somerset will continue the 8-week Stress Management series that runs until November 4. *Bridge to Success* teaches

coping strategies, effective communication, social support, and healthy living skills. The program includes refreshments at every session, prizes for participation and a \$50 gift card for program completion (you must attend six out of the eight sessions to receive the gift card). Sign-up is required and is for those who did not participate in the first *Bridge to Success* program. If you completed the program before and are interested in joining again, please tell Emma. Call the “day of” if you need a ride.

Pokeno

Tuesday, October 8 at 1:30 pm, come for a game of Pokeno in Felmeth Hall Annex. Bring at least fifty pennies. Sign-up is required.

Your Eyes and You

Optometrists, Dr. Michael and Dr. Amanda Gredzik will return to Felmeth Hall

Wednesday, October 23 beginning at 10 am to provide eye exams for Ridge Oak residents. 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.

Share a Song

Wednesday, October 9 at 2 pm, join Emma in lower-level Wellness Center of Felmeth Hall for some fun music listening. Bring the name of a song you would like to share with the group. We will listen to a recording, engage in conversation, 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.

All music played in previous Share a Song programs can be accessed through Touchtown App under "Recreation Resources." If you have questions, ask Emma. We have a great playlist that you can listen to from home!

Ecumenical Service

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

Disco Dance

Get ready to hit the dance floor at our Disco Dance event Thursday, October 10 at 1 pm in Felmeth Hall. We'll have groovy music, dazzling disco lights, and our own Molly Clark as the MC to keep the party lively. To capture the moment, we will have a professional photographer taking portraits, so get your picture taken before you start boogying! Wear your favorite disco dance outfit if you have one! Sign-up is required. Call the "day of" if you need a ride.

Coffee with Bonnie

Join us in Felmeth Hall Friday, October 11 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.



Brain Games

Tuesday, October 15 at 2 pm in Felmeth Hall, join Emma for some trivia and other fun games that will help to stimulate our brains. A unique way to 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.

Cardio Drumming

Come to the lower-level Wellness Center on Wednesday, October 16 at 2 pm. We will grab drumsticks and move along to choreographed drumming with Emma. This is a unique opportunity to get in some exercise while having fun and listening to music. We will be stretching, moving, and singing along right from our chairs! All materials are provided. Limited to 14 residents. Sign-up is required.

Table Games

Join us Thursday, October 17 at 2 pm in Felmeth Hall for games such as Scrabble, Rummikub, UNO, 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.

Alstede Farm Chester

Friday, October 18, at 10 am the bus will head to Alstede farm and shop in Chester. Enjoy the landscape and shop for fresh produce, homemade pies, quiches, jams, honey, ice cream, syrup and more! Alstede farm accepts SNAP, and Farmers Market Vouchers (QR Code coupon). Sign-up is required.



Card Making

Friday, October 18 at 1:30 pm in Village 12, join Brenda Miller for card making. We will make greeting cards using stamps, inks, 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.

Flu Clinic

Walgreens will be on-site to administer flu shots Tuesday, October 22 from 9 am to 1 pm. Bring your ID, Medicare/Medicaid, supplement insurance cards with you. There is no charge if you have insurance. Sign-up is required. After all sign ups have been taken you will be contacted with your appointment time. A limited number of shots may be available for those without insurance. Inquire at sign up.

Save the Date: Thursday, November 12
Walgreens will be here for a COVID booster vaccine clinic. Look for more details in the November Acorns.

Bingo Outing

Wednesday, October 23 at 11 am, the bus will head to St. Mary's Byzantine Catholic Church in Hillsborough for Bingo. Bingo play begins at 12:30 pm. \$2 admission includes a package for 9 games. It is recommended to bring at least \$15 dollars to play all the games. The bingo kitchen has food available for purchase. Please do not bring your own food or drink. Sign-up is required. Space is limited to 16 residents.

Library Book Buggy

Book Buggy returns Thursday October 24 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. If you would like to request a specific item delivered to your door, call the library at (908) 204-3031 option 2, tell them you would like the item brought to Ridge Oak with the next Book Buggy OR email requests to circ-ber@mainlib.org.

Afternoon Movie

Join us Tuesday, October 29 at 1:30 pm in Felmeth Hall for a screening of *Hocus Pocus 2*, the 2022 sequel to last year's Halloween classic. Starring Bette Midler, Kathy Najimy,

and Sarah Jessica Parker, the film follows three young women who accidentally bring the Sanderson sisters back to modern-day Salem and must figure out how to stop the child-hungry witches from wreaking havoc on the world. Light refreshments will be provided. Call the "day of" if you need a ride. Sign-up is required.

Ensemble of Hope

Join us Wednesday, October 30, at 1 pm in Felmeth Hall for a special performance by the Ensemble of Hope, an accordion group from the New Jersey/Pennsylvania area. Featuring current and former Accordion Pops Orchestra members, they will play unique arrangements by renowned accordionist Daniel Desiderio. Their repertoire includes show tunes, classical pieces, Latin songs, waltzes, holiday favorites, and polkas. Call the "day of" if you need a ride. Sign-up is required.

Halloween Pizza & Prize Bingo

Get into the Halloween spirit on Thursday, October 31 at 12:30 pm in Felmeth Hall for a fun-filled afternoon of pizza and prize bingo! Come in costume and enjoy two slices of pizza, water, two bingo cards, and Halloween candy for all to enjoy. Cost is \$5 and you will be billed in November. Space is limited. Sign-up is required.



Resident Recommendation

Ricky's Thai on Morristown Road in Bernardsville. Dine in, take out and order delivery via Door Dash! Open 7 days a week. Call (908) 502-5795.

Have you gone to a local restaurant or shopping establishment and want to share the good news with friends and 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 Halloween viewing of Sweeney Todd with Angela Lansbury Thursday, October 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 free 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, Noon – 2 pm
- NEW Mahjong Open Play, Tuesdays in October, 1 pm – 3 pm
- In Person: Victorian Magic with NJ Historian James “Mac” McParland, Tuesday October 1 at 7 pm
- Virtual: Phishing Scams and How to Spot Them, Wednesday, October 9 at 11 am
- Repair Cafe – Toss it? No way! Saturday, October 19 from 11 am to 2 pm
- In Person: Cookbook Club: The Joy of Cooking, Tuesday, October 22 at 6:30 pm
- Virtual: Protecting Yourself Online, Wednesday, October 23 at 11 am.
- In Person: Important Cases Pending at the Supreme Court in 2024-25, Thursday, October 24 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.

CALENDAR

Week of October 1st

1st	Tuesday 9:30 am Mahjong 10 am BUS Stirling & Gillette 12:30 pm Perfect Posture 2 pm Walk in a Park 5 pm DINNER- Chicken Sausage
2nd	Wednesday 10 am BUS Lyons Mall 10 am Watercolor Series V12 11:30 am “For the Men” Fitness 2 pm Karaoke Sing Along 3 pm High Notes Rehearsal 5 pm DINNER- Eggplant Parmesan

3rd	Thursday 10 am BUS Farmer’s Market 10 am Pastor Dave 1 pm Spiritual Group 12 pm LUNCH- Tomato Basil Quiche
4th	Friday 10 am BUS Bridgewater Commons 9:30/10:30 am Bowling 10 am Happy Hookers 11 am Zumba Gold 1 pm Bingo 5 pm DINNER- Shrimp Scampi
6th	Sunday 2:30 pm Girl Scout Pen Pal Social

Week of October 7th

- 7th Monday
 9:30/10:30 am Bowling
 10 am BUS Bernardsville
 11 am Chess
 1:30 pm Chair Yoga
 2:30 pm Bridge to Success V12
 5 pm DINNER- Turkey Burger
- 8th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling and Gillette
 12:30 pm Perfect Posture
 1:30 pm Pokeno
 5 pm DINNER- Glazed Salmon
- 9th Wednesday
 10 am BUS Lyons Mall
 10 am Watercolor Series V12
 11:30 am "For the Men" Fitness
 2 pm Share a Song
 5 pm DINNER- General Tso's Chicken
- 10th Thursday
 10 am BUS Farmers Market
 10 am Ecumenical Service
 1 pm Disco Dance
- 11th Friday
 9:30 am Coffee with Bonnie
 10 am BUS Target & Trader Joes
 10 am Happy Hookers
 11 am Zumba Gold
 1 pm Bingo
 5 pm DINNER- Beef Brisket

Week of October 14th

- 14th Monday
 9:30/10:30 am Bowling
 10 am BUS Bernardsville
 11 am Chess
 1:30 pm Chair Yoga
 2:30 pm Bridge to Success V12
 5 pm DINNER- Kielbasa & Kraut

- 15th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 2 pm Brain Games
 5 pm DINNER- Crab Cake
- 16th Wednesday
 10 am BUS Lyons Mall
 10 am Watercolor Series V12
 11:30 am "For the Men" Fitness
 2 pm Cardio Drumming
 3 pm High Notes Rehearsal
 5 pm DINNER- Meatloaf
- 17th Thursday
 10 am BUS Farmers Market
 10 am Dave
 12 pm LUNCH – BBQ Chicken Sliders
 1 pm Spiritual Group
 2 pm Table Games
 3:30 pm Shoestring Players
- 18th Friday
 10 am BUS – Alstede Farm Chester
 10 am Happy Hookers V12
 1:30 pm Card Making V12
 5 pm DINNER- No Meal

Week of October 21st

- 21st Monday
 9:30/10:30 am Bowling
 10 am BUS Bernardsville
 11 am Chess
 1:30 pm Chair Yoga
 2:30 pm Bridge to Success V12
 5 pm DINNER- Seasoned Flounder
- 22nd Tuesday
 9 am Flu Clinic
 10 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 2 pm Walk in a Park
 5 pm DINNER- Beef Short Ribs

23rd Wednesday
 10 am Your Eyes and You
 10 am Watercolor Series V12
 11 am Bingo Outing
 11:30 am "For the Men" Fitness
 5 pm DINNER- Ziti and Meatballs

24th Thursday
 10 am BUS Farmers Market
 10 am Pastor Dave
 12 pm LUNCH- Turkey Sandwich
 2 pm Library Book Buggy

25th Friday
 10 am BUS Uncle Giuseppe's & Kohls
 9:30/10:30 am Bowling
 10 am Happy Hookers
 11 am Zumba Gold
 1 pm Ms. Candy's Prize Bingo
 5 pm DINNER- Chicken Pot Pie



Week of October 28th

28th Monday
 9:30/10:30 am Bowling
 10 am BUS Bernardsville
 11 am Chess
 1:30 pm Chair Yoga
 2:30 pm Bridge to Success V12
 5 pm DINNER- Panko Tilapia

29th Tuesday
 9:30 am Mahjong
 10 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 1:30 pm Afternoon Movie
 5:00 pm- DINNER- Chicken Francese

30th Wednesday
 10 am BUS Lyons Mall
 10 am Watercolor Series V12
 11:30 am "For the Men" Fitness
 1 pm Ensemble of Hope
 3 pm High Notes Rehearsal
 5 pm DINNER- Pork Lo Mein

31st Thursday
 10 am BUS Farmers Market
 12:30 pm Halloween Pizza & Bingo