

## S.H.I.E.L.D. Yourself and Others This Season

Avoiding people and germs is not always an easy thing to do! With some of the following tricks and tips, you can boost your immune system and keep colds at bay. Most of the following are a part of our S.H.I.E.L.D. Method!

**Get Plenty of Sleep (S)** Not enough sleep may hinder your immune system's ability to respond to infection and inflammation. Try lifestyle changes, such as staying physically active, keeping a regular schedule and limiting caffeine.

**How are you handling stress? (H)** Studies show that chronic stress takes a toll on the immune system health and hinders your immune systems ability to fight inflammation and infections. Meditation, Tai Chi and yoga along with deep breathing exercises can have positive effects on your health.

**Interacting with Others (I)** Stay connected with the people who matter to you. Phone calls, video calls, zoom and in-person are some of the ways to stay connected. Interact with people at The Residence by saying hello or attending a program or event.

**Regular exercise (E)** can help you stay strong healthy and independent. But did you know that exercise can also support immune health? Try a short 10 minute walk around the building or try yoga or Tai Chi for improved flexibility and a boost to mental and emotional health.

**Learn something new(L)** about new foods, the benefits of herbal teas, or the wonderful world of Tai Chi, meditation and aromatherapy.

**A healthy diet(D)** is essential to a strong



Our SHIELD Program

immune system. This includes foods like, seafood, lean meats, poultry, eggs, beans, peas, sweet potatoes, carrots, broccoli, spinach, citrus foods, strawberries, almonds, hazelnuts, peanut butter, milk, and whole grain products.

Wash your hands for at least 20 seconds, this includes before eating, after using the bathroom before and after caring for someone who is ill, and after blowing your nose, coughing and sneezing.

### Stay Hydrated

Drink a glass of water before and after every meal and in between snacks. Try mixing it up with some low-fat soup, fat-free or low-fat milk, and caffeine-free tea or coffee. Keep a water bottle nearby for sipping throughout the day. Help others if they're drinking water.

Ask us about how our REACT Neuro program can help make educated, guided suggestions to make great choices on implementing our SHIELD program into your daily living activities.



# THE RESIDENCE at Basking Ridge

## Welcome December



Winter Wonderland

This December we were excited to offer activities and events that capture the magic of the holidays. Whether you're joining us for festive craft sessions, carol sing-a-longs or cozy afternoons with hot cocoa by the fireplace there's something for everyone to enjoy. Let's welcome December with open hearts, festive cheer, and plenty of smiles. Spread joy and kindness throughout our

community.

This month is a special time to reflect on cherished memories, create new ones and celebrate the spirit of the season. Merry Everything!

## Community Happenings

The hustle and bustle of the holiday season is upon us. Lots of caroling and choral concerts, festive lunch outings, Christmas cookie decorating. Check your calendars for tree lightings, Festival of Trees, the Northlands Train Museum and a festive light display bus excursion through the hills of Basking Ridge. We will be having Breakfast with Santa at our Winter Wonderland experience with our families.



Good Times. Good Friends. Great Care!

### THE RESIDENCE AT BASKING RIDGE Associates

Allison Kuiken  
Executive Director

Jaquan Dunn  
Business Office Director

Ally Stewart  
Sales and Marketing Director

Andi Knoble  
Business Development Director

Ursula Gibson  
Resident Care Director

Christine Getz  
Resident Engagement Director

Stacy Browne  
Reflections Director

Samanta Gill  
Restaurant Operations Director

Mack Solorzano  
Maintenance Director



# DECEMBER 2024

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

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9:00 Religious Bus Services to St. James  
10:00 Religious Services Bus Trip to St. James  
10:30 Sunday Meditation Hour  
10:30 Religious Services St Vincent's  
2:00 Bingo Bash  
3:00 Ridge HS A Capella Concert  
4:00 Happy Hour

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HB Julie Ann Kurch  
10:00 Stop and Shop Bus Outing  
11:00 Bone Builders Blast  
2:00 Floral Workshop  
2:00 Poker Challenge  
3:00 Fireside Trivia  
4:00 Happy Hour Social  
7:00 Cinema Movie Night  
7:00 St. James Caroling

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10:00 Morning Mantra Stretch  
11:00 Tai Chi Movement  
1:30 Fitness Offerings Orientation  
2:00 Resident Council Meeting  
3:00 Words with Friends  
4:00 Happy Hour Social  
7:00 Cinema Movie Night

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HB Betty Cosgrove  
10:00 Current Events Discussion  
11:00 Cardio Drumming  
11:45 Goodman's Deli Lunch Outing  
3:00 Bingo Bash  
4:00 Wine and Cheese Social  
6:30 Card Players Club  
7:00 Cinema Movie Night

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10:00 Golden Zumba  
11:00 Tai Chi Movement  
2:00 Shuffleboard Games  
2:00 Craft Workshop  
3:00 Arora 360 Workout  
4:00 Happy Hour Social  
7:00 Cinema Movie Night

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HB Ann Lucas  
10:00 Cardio Drumming  
11:30 Mahjong Play  
2:00 Holiday Traditions Discussion  
3:00 Live Entertainment-Reggie  
4:00 Happy Hour Social  
7:00 Puzzle Power Hour  
7:00 Cinema Movie Night

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10:00 Words with Friends  
11:00 Ridge High School Christmas Spectacular  
2:00 Cooking Connections  
3:00 Dime Bingo Time  
4:00 Happy "Appy" Hour  
7:00 Cinema Movie Night

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9:00 Religious Bus Services to St. James  
10:00 Religious Services Bus Trip to St. James  
10:30 Sunday Meditation Hour  
10:30 Religious Services St Vincent's  
2:00 Rat Pack Music Listening  
3:00 Bingo Bash with Friends  
4:00 Happy Hour

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10:00 Dollar Tree Bus Outing  
2:00 Barre and Balance  
2:00 Poker Challenge  
3:00 Fireside Trivia  
4:00 Happy Hour Social  
7:00 Cinema Movie Night

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10:00 Morning Mantra Stretch  
11:00 Tai Chi Movement  
1:30 Cookie Decorating Workshop  
3:00 Chair Jazzercise  
4:00 Happy Hour Social  
7:00 Scrabble Games  
7:00 Cinema Movie Night

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10:00 Linda's Biscotti Shop Outing  
1:00 Holiday Choral Concert  
2:00 Bingo Bash  
3:00 Ageless Grace  
4:00 Wine and Cheese Social  
6:30 Card Players Club  
7:00 Cinema Movie Night

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10:00 Golden Zumba  
11:00 Tai Chi Movement  
2:00 Resistance Bands Workout  
2:00 Chair Jazzercise  
3:00 True and False Challenge  
4:00 Happy Hour Social  
7:00 Cinema Movie Night

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9:00 North Pole on North Maple  
11:00 State Park Guest Lecture  
2:00 Reading Companion/Tea Party  
3:00 Words with Friends  
4:00 Happy Hour Social  
7:00 Puzzle Power Hour  
7:00 Cinema Movie Night

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10:00 Morning Mantra Stretching  
11:00 Words with Friends  
2:00 Holiday Choral Concert  
3:00 Dime Bingo Time  
4:00 Happy "Appy" Hour  
7:00 Cinema Movie Night

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HB Harold Meyer  
9:00 Religious Bus Services to St. James  
10:00 Religious Services Bus Trip to St. James  
10:30 Sunday Meditation Hour  
10:30 Religious Services St Vincent's  
11:00 TED Talk  
3:00 Bingo Bash with Friends  
4:00 Happy Hour

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9:00 Popcorn Movie Night  
9:30 Northlandz Train Museum  
10:30 Current Events Discussion  
2:00 Poker Challenge  
3:00 Fireside Trivia  
4:00 Happy Hour Social  
7:00 Cinema Movie Night

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10:00 Morning Mantra Stretch  
11:00 Tai Chi Movement  
2:00 Chair Jazzercise  
3:00 Words with Friends  
4:00 Happy Hour Social  
7:00 Scrabble Games  
7:00 Cinema Movie Night

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10:00 Shopping Outing  
12:00 Figaro's Lunch Outing  
2:00 Bingo Bash  
3:00 Bingo Bash  
3:00 Ageless Grace  
4:00 Wine and Cheese Social  
7:00 Cinema Movie Night  
7:00 Ridge High School Winter Concert

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10:00 Golden Zumba  
11:00 Tai Chi Movement  
2:00 Shuffleboard Games  
2:00 Chair Jazzercise  
3:00 Arora 360 Workout  
4:00 Happy Hour Social  
7:00 Cinema Movie Night

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HB Rinaldo Gallo  
10:00 Cardio Drumming  
11:30 Mahjong Play  
2:00 Read-a-Loud Christmas Stories  
3:00 Words with Friends  
4:00 Happy Hour Social  
7:00 Puzzle Power Hour  
7:00 Cinema Movie Night

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10:00 Winter Wonderland  
11:00 Heart and Sole Step Class  
12:00 Words with Friends  
2:00 Chair Jazzercise  
3:00 Dime Bingo Time  
4:00 Happy "Appy" Hour  
7:00 Cinema Movie Night

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9:00 Religious Bus Services to St. James  
10:00 Religious Services Bus Trip to St. James  
10:30 Sunday Meditation Hour  
10:30 Religious Services St Vincent's  
2:00 Festival of Trees  
3:00 Holiday Bingo  
4:00 Happy Hour

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10:00 Bus Outing  
11:00 Bone Builders Blast  
2:00 Barre and Balance  
2:00 Poker Challenge  
3:00 Fireside Trivia  
4:00 Happy Hour Social  
7:00 Cinema Movie Night

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Happy Hanukkah  
10:00 Morning Mantra Stretch  
11:00 Tai Chi Movement  
12:00 LCR Dice Challenge  
2:00 Holiday Music Fun  
3:00 Resident Council Meeting  
4:00 Happy Hour Social  
7:00 Cinema Movie Night

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Merry Christmas  
11:00 Hot Cocoa Bar Gathering  
2:00 Barre and Balance  
2:00 Chair Jazzercise  
3:00 Bingo Bash  
4:00 Wine and Cheese Social  
6:30 Card Players Club  
7:00 Cinema Movie Night

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10:00 Golden Zumba  
11:00 Tai Chi Movement  
11:30 Ceramics Workshop  
12:00 Rebus Brain Games  
2:00 Chair Jazzercise  
3:00 True and False Challenge  
4:00 Happy Hour Social  
7:00 Cinema Movie Night

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10:00 True and False Challenge  
11:30 Mahjong Play  
2:00 Reading Companion/Tea Party  
2:00 Chair Jazzercise  
3:00 Words with Friends  
4:00 Happy Hour Social  
7:00 Puzzle Power Hour  
7:00 Cinema Movie Night

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10:00 Morning Mantra Stretching  
11:00 Memory Games  
12:00 Words with Friends  
2:00 Chair Jazzercise  
3:00 Dime Bingo Time  
4:00 Happy "Appy" Hour  
7:00 Cinema Movie Night

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9:00 Religious Bus Services to St. James  
10:00 Religious Services Bus Trip to St. James  
10:30 Sunday Meditation Hour  
10:30 Religious Services St Vincent's  
11:00 TED Talk  
3:00 Bingo Bash with Friends  
4:00 Happy Hour

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10:00 Morning Stroll at Dunham Park  
10:00 Bus Outing  
11:00 Bone Builders Blast  
2:00 Floral Workshop  
2:00 Barre and Balance  
2:00 Poker Challenge  
3:00 Guided Meditation & Sound Bowl  
3:00 Friendly Feud Challenge

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10:00 Morning Mantra Stretch  
10:30 Trivia Challenge  
11:00 Tai Chi Movement  
2:00 Chair Jazzercise  
3:00 Words with Friends  
4:00 New Years Eve Cocktail Hour  
7:00 Cinema Movie Night  
7:00 New Years Eve Celebration



## December Fun

Northlandz Train Museum  
Winter Wonderland  
Breakfast with Santa  
Goodmans Deli  
Figaros Restaurant  
Ridge High School A Capella Chorus Concert  
Christmas Caroling  
Holiday Bingo  
Christmas Spectacular at Ridge High School

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning  
Arts & Culture  
Physical Fitness  
Community Connections  
Wellness & Self-Care