

SADDLE BROOK SENIOR CENTER

8 Caldwell Avenue Saddle Brook, NJ 07663 | Phone : (201) 845-4594



Saddle Brook Residents, I am extremely excited about the 2016 release of The Saddle Brook Senior Center Monthly Newsletter. It has been designed to inform and entertain all seniors. One of my goals is to be sure that all senior citizens have the opportunity be apart of the center. We offer a wide range of activities such as bingo, dance, exercise, and crocheting .For those who enjoy reading you can visit our library where there are dozens of books to choose from . If you enjoy playing pool, feel free to bring a friend and use our pool table. The center also provides bus services for shopping at retail and food centers, as well as doctors visits. Promoting good health is a priority and monthly blood pressure screenings are free for any senior. I encourage all Saddle Brook Senior Citizens to come visit and enjoy socializing with friends and neighbors. Come and sample what our Senior Center has to offer. I look forward to seeing you there,

Mayor Robert D. White

APRIL 2016

The Saddle Brook Senior Center is available for Saddle Brook residents 55 years and

Joseph J. Caggiano, Dir.
NJ Lic. No. 4083

Lisa M. Caggiano, Mgr.
NJ Lic. No. 3934

Richard J. Meade, Dir.
NJ Lic. No. 4962

Vander Plaats - Caggiano

FUNERAL HOME, INC.

13-31 Saddle River Rd., Fair Lawn, NJ

Phone: 201-797-3500

Website: www.vpfairlawn.com

Foot and Ankle Care of Passaic, LLC



Sean D. Rosenblum
DPM, AACFAOM

seanr613@gmail.com

105 Union St • Lodi, NJ 07644 • 973-365-1000

393 Terhune Ave • Passaic, NJ 07055 • 973-246-9420

www.passaicfootandankle.com

Van Dyk Post-Acute Care



We Care.
Getting back to your active life is your goal and ours, too. Van Dyk's Post-Acute Care program provides our patients with excellence in medical and rehabilitation therapy between hospital and home. For information, please call 201-445-8200.

Family Caring for Family Since 1933.



304 S. Van Dien Avenue, Ridgewood, NJ 07450

Tired of Climbing Stairs?



Rentals • Sales • Repairs • Buybacks

Williams LIFT CO.

Since 1947

24 SOUTH AVENUE • FANWOOD

www.williamslifts.com

CALL FOR A FREE BROCHURE

1-800-287-1793

Comforts of Home

When you need assistance with daily living, Park Place is the next best thing to being at home. We offer stylish comfort, security, beautiful surroundings and dozens of amenities and professional care to match your needs.

- Assisted Living
- Reflections Alzheimer's Care
- Respite Rehab Care

For information, please call 973-636-7000.

Family Caring for Family Since 1933.



www.vandykhealthcare.com
664 Goffe Road, Hawthorne, NJ 07706

VALLEY BROOK CENTER

*A Specialized Community
In-Home Outreach Program
for Older Adults
with Psychiatric Issues*

Comprehensive Behavioral Healthcare



516 Valley Brook Avenue
Lyndhurst, NJ 07071

To make an appointment or for more information,
please call Beth Suckow or Catherine Buchholz at
201-935-3322

Your Ad Here

SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING

Contact Zul Echandy to place an ad today!
ZEchandy@4LPi.com or (800) 477-4574 x6325



CareOne at Ridgewood Avenue

24 Hour Skilled
Nursing Facility
Private / Medicare Certified
Long Term & Rehab Stays
Specializing in Stroke,
Orthopedic &
Cardiac Rehabilitation

201-652-1950

90 W. Ridgewood Avenue
Paramus



Professional Hearing Aid Center

681 Main St • Hackensack

www.professionalhearingaids.net

On-site Parking

201-343-1980



\$1,000

**OFF Select Premier
Technology**

Cannot be combined with
other offers. Not applicable
to previous purchases.
Must present coupon.

FREE Hearing Test and Consultation



**Invisible solutions
to fit any budget.**

Up to \$500

**Trade In Allowance for
your current hearing
instruments.**

Cannot be combined with
other offers. Not applicable
to previous purchases.
Must present coupon.



Mark P. Salvesen, BC-HIS* NJ Hearing Aid Dispenser Supervising License No. 535
Peggy J. Stanlick, BC-HIS* NJ Hearing Aid Dispenser Supervising License No. 1086

*Certified by the National Board for Certification in Hearing Instrument Sciences.

All Around The Town



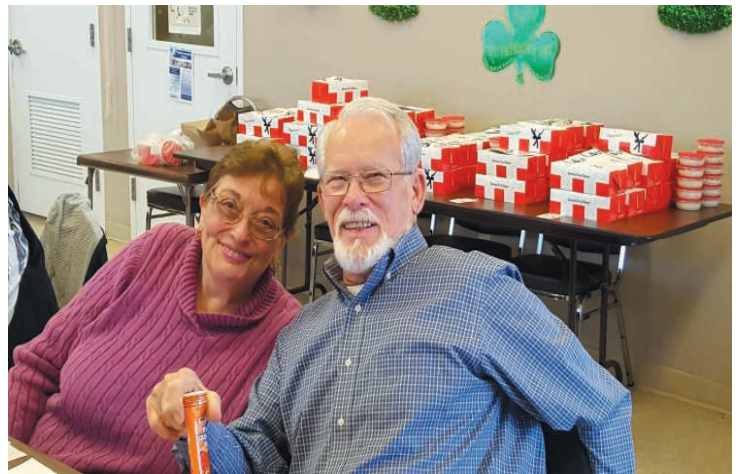
Township Residents enjoy our Annual Easter Celebration. On March 19, 2016



Saddle Brook Women's Club is honored for Women in History Month.



Sunday afternoon at the Senior Center for Chicken Bingo.



Township Residents Rose and Arthur enjoy KFC Chicken and playing bingo.



Mayor White visits students at Franklin Elementary School where he reads to them for Read Across America.




Bergen County Clerk John Hogan presented Mayor Robert White with historical documents in honor of the township's 300th Anniversary.



SADDLE BROOK SENIOR CENTER



Monday	Tuesday	Wednesday	Thursday	Friday
				
		BINGO 12:45	10:15 EXERCISE 1:00 HAPPY STITCHERS	1 BINGO 12:45
4 10:00 LINE DANCING	5 10:15 EXERCISE 1:00 SENIOR CLUB MEETING	6 BINGO 12:45	7 10:15 EXERCISE :00 HAPPY STITCHERS	8 BINGO 12:45
11 10:00 LINE DANCING Senior Club AC Trip - call Angie (201) 796-0904	12 10:15 EXERCISE 1:00 SENIOR CLUB MEETING	13 BINGO 12:45	14 10:15 EXERCISE 1:00 HAPPY STITCHERS	15 BINGO 12:45
18 10:00 LINE DANCING	19 10:15 EXERCISE 1:00 SENIOR CLUB MEETING	20 BINGO 12:45	21 10:15 EXERCISE 10:30 Advisory Board 1:00 HAPPY STITCHERS	22 BINGO 12:45
10:00 LINE DANCING	26 10:15 EXERCISE 10:30- 1:00 BLOOD PRESSURE 1:00 SENIOR CLUB MEETING	27 BINGO 12:45	28 10:15 EXERCISE 1:00 HAPPY STITCHERS	29 BINGO 12:45

Pg 4

SPREAD THE WORD!
Shop Our Advertisers!
YOUR SUPPORT MATTERS!



Social Events



Saddle Brook Seniors enjoy a pancake breakfast at the Dynasty Buffet in celebration of the town's



300th Anniversary Attendees received a 300th Anniversary commemorative mug and tote bag.

THINGS TO KNOW

Do you need a ride to the doctor? The Saddle Brook Senior Center schedules rides to the doctor on Monday through Wednesday. A trip to the food store can be scheduled on Thursday's and Mall Shopping on Friday. For more information and to schedule a pick up please contact Senior Center Director Joe Leece (201) 845-4594.

The Township of Saddle Brook is now offering bus transportation to play bingo at the Senior Center on Wednesday and Friday. To schedule please call Joe at (201) 845-4594

ATLANTIC CITY RESORTS CASINO 2nd Monday of every month cost is \$25 and \$25 back. Please call Angie (201) 796-0904

SADDLE BROOK SENIOR CLUB

The Saddle Brook Senior Club meets on Tuesdays at 1:00 p.m. at the Senior Citizen Center, 8 Caldwell Avenue, Saddle Brook. The club invites Saddle Brook residents age 55 and older (spouse is automatically eligible) to its meetings. For any other information please call Lou: (201) 370-7959

AARP meets the first Monday of every month 1:00 p.m. at the Saddle Brook Senior Center 8 Caldwell Avenue. **Next meeting is scheduled for April 4th.**

AARP TRIP—April 14th Renault Winery Lunch and Taj Mahal cost \$58 / \$25 back. Please call Evelyn at (201) 791-4962

St. Philip the Apostle Seniors Casino Trip to Taj Mahal The 1st Thursday of the month and the cost is \$25.00 and \$25.00 back. Call Evelyn at (201) 791-4962



APRIL RECYCLING SCHEDULE

- April 1—Commingled (cans & bottles)
- April 8—Newspaper
- April 15—Commingled (bottles & cans)
- April 22—Newspaper
- April 29—Commingled (bottles & cans)

MOBILE PAPER SHREDDING EVENT: April 16, 2016 from 9:00 a.m. to 1:00 p.m. (parking lot across from Town Hall) for more information call the mayor's office at (201) 587-2903



Chicken Zoodle Soup



Prep
20 m

Cook
25 m

Ready In
45 m

Recipe By: bd.weld

"With the winter months approaching fast my niece and I co-conspired to come up with this warm and comforting soup using 'zoodles' that's easy on the waistline."

Ingredients

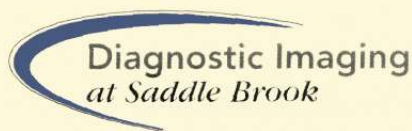
2 tablespoons olive oil
1 cup diced onions
1 cup diced celery
3 cloves garlic, minced
5 (14.5 ounce) cans low-sodium chicken broth
1 cup sliced carrots

3/4 pound cooked chicken breast, cut into bite sized pieces
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1 pinch dried thyme (optional)
salt and ground black pepper to taste
3 zucchini squash, cut into 'noodles' using a spiral slicer or vegetable peeler

Directions

- 1 Heat olive oil in a large pot over medium-high heat. Saute onion, celery, and garlic in hot oil until just tender, about 5 minutes.
- 2 Pour chicken broth into the pot; add carrots, chicken, basil, oregano, thyme, salt, and pepper. Bring the broth to a boil, reduce heat to medium-low, and simmer mixture until the vegetables are tender, about 20 minutes.
- 3 Divide zucchini 'noodles' between six soup bowls; ladle broth mixture over the 'noodles.'

ALL RIGHTS RESERVED © 2016 Allrecipes.com
Printed From Allrecipes.com 3/2/2016



Ultrasound • Digital X-ray • Open MRI

88 Market St., Saddle Brook, NJ 07663
201-880-6600 • www.saddlebrookimaging.com



Caring beyond prescriptions.

Aatif Alhout, R.Ph.

487 Market St • Saddle Brook, NJ
(201) 291-0844

www.medicineshoppe.com

Free Delivery • Accepting All Insurances

Patrick J. Conte Funeral Home Inc.

Stephen P. Conte, Jr. Manager
NJ Lic No. 3785



201-796-0060
274 Market St. • Elmwood Park



our SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior
newsletter emailed to you at
www.ourseniorcenter.com



Sharon Ostrowski, BC-HIS
NJ Supervising Lic #998

Rechargeable Hearing Aids; no batteries to buy or replace!

Over 50 USA Patents for a
remarkable hearing experience;
90% background noise reduction.

WASHINGTON TOWN CENTER

273 Pascack Road • Township of Washington, NJ 07676

201-497-8797 • www.ZoundsBC.com

Mention this ad for a **\$100 DISCOUNT**
off a pair of any of our rechargeable hearing aids.
Not valid with other offers.

Medicare won't cover 100% of
your medical costs. The missing
piece is up to you.

AARP Medicare Supplement Plans
insured by UnitedHealthcare
Insurance Company

Call today for more information.

Brian Cronin • 201-845-5161

bpcronin@hotmail.com

Licensed insurance agent/producer contracted with
UnitedHealthcare Insurance Company

53 Rochelle Ave, Rochelle Park, NJ 07662



**KEEP
CALM
AND HUG A
SENIOR
CITIZEN**

THIS SPACE IS
AVAILABLE

People are looking
for your business.



Help them find it
by **advertising here.**

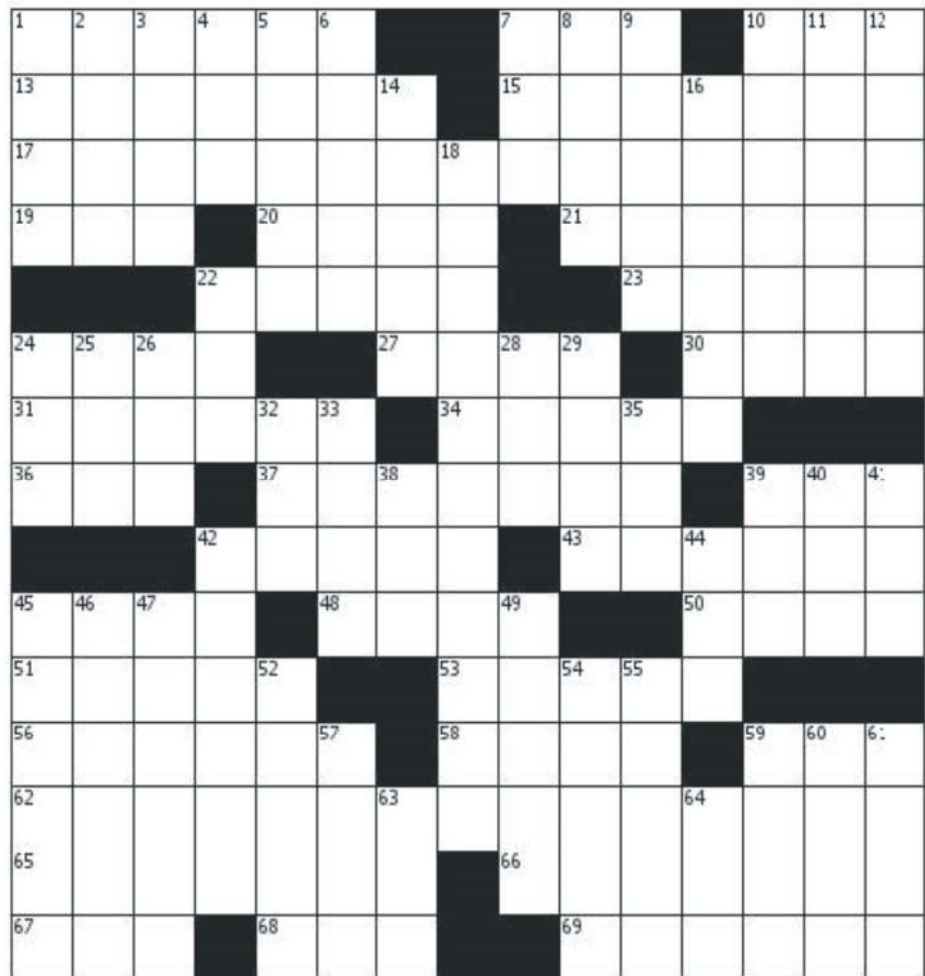
Contact Zul Echandy to place an ad today!
ZEchandy@4LPi.com or 800-477-4574 x 6325

CROSSWORD PUZZLE

Across

1. Make more subtle
7. It gets one's dander up
10. Third degree, perhaps
13. Inauspicious
15. More around the bend
17. The everyguys?
19. Flat sound
20. Mark of Zorro?
21. Exact
22. One of fifty
23. Even the score once more
24. There's one at 24-Across
27. If you break them, they run
30. Type of cuisine
31. Took for the summer, maybe
34. Consisting of a single element
36. King's domain?
37. Lone wolf
39. Word of exception
42. Brown pigment
43. Game stickers?
45. "The World According to ____"

48. Needing sweetening
50. Mrs. Shakespeare
51. Cantilevered window
53. Perform in a tournament of yore
56. Abrogate legally
58. Boot
59. Zugspitze, for one
62. The fun guy?
65. Slippery
66. Person paid to drop hints
67. Remained unused
68. Spanking follower
69. It's not yours forever



Down

1. Molders
2. Book of prophecies
3. Drum parts
4. Type of result
5. Insert surreptitiously
6. New Mexico state flower
7. Travel stop
8. Cyprinid fish
9. Old sleep inducer
10. Penzance persona
11. Cause of strain pain
12. Early English poet laureate
14. Work on axels
16. In a docile manner
18. The common guy?

22. Mayday cousin
24. Letters of affection
25. Kobe's cash
26. Place for a flash?
28. Wildebeest
29. Cheekiness
32. Air homophone
33. The "D" in DOT
35. Short salesman
38. Former OSS
39. Forbiddance
40. Sizable server
41. China's Lao-____
42. Barrels
44. Partake of

45. Mountain passes
46. Colored ring
47. Extract forcibly
49. Slight amount
52. Language for the masses
54. Guide with a flashlight?
55. Hackneyed
57. Like some entertainment
59. Settled onto a branch
60. The King's daughter
61. Marmalade ingredient
63. Sound from a Siamese
64. Opie, really