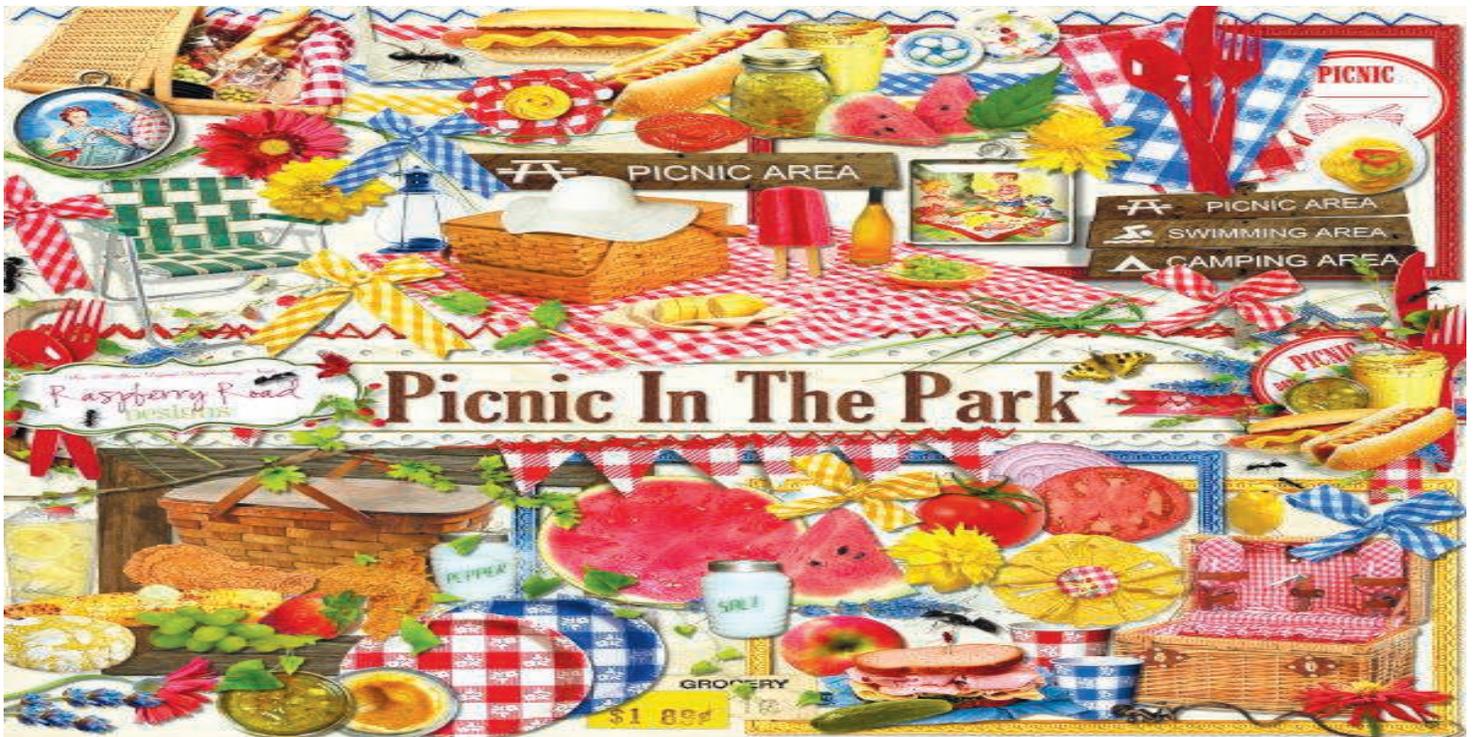


SADDLE BROOK SENIOR CENTER

8 Caldwell Avenue Saddle Brook, NJ 07663 Phone : (201) 845-4594 Fax(201) 843-4866

LET'S GET TOGETHER



SAVE THE DATE: August 27, 2016, The Township of Saddle Brook is hosting a 300th Anniversary Celebration Picnic at Otto Pehle Park. For details check the township website at saddlebrooknj.us or Our Town Television on Cablevision channel 77 or Verizon FiOS channel 38.

AUGUST 2016

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

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

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 201-465-8200.
 Family Caring for Family Since 1933.

VAN DYK HEALTH CARE AT RIDGEWOOD
 We care.
 www.vandykhealthcare.com
 304 S. Van Dusen Avenue, Ridgewood, NJ 07450

BEST
USNEWS

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

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

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

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
- Reflexions Alzheimer's Care
- Respite/Rehab Care

For information, please call: 973-636-7000.
 Family Caring for Family Since 1933.

VAN DYK HEALTH CARE AT PARK PLACE
 We care.
 www.vandykhealthcare.com
 664 Goffe Road, Hawthorne, NJ 07506



The Senior Residence

at St. Peter the Apostle
 River Edge, NJ

201-225-0707

www.StPetersResidence.org

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

... we're Ideal!



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.professionalarhearingaids.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



Colby has all the moves, as she shows the group her dance routine. You can be a part of the line dancing group every Monday at 10:00 a.m. located at the Saddle Brook Senior Center, 8 Caldwell Avenue.

Show Me The Money! Saddle Brook Senior Club hosts a bus ride to Resorts Casino in Atlantic City. The bus leaves every 2nd Monday of the month from the Senior Center.

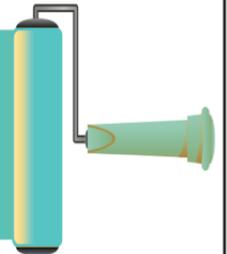


The Members of AARP enjoyed an afternoon beefsteak luncheon. (left) Louise, Sally, Gloria and Lou built a bread tower and (right) Mary shown with Councilwoman Karen D'Arminio is discussing how much her family and friends are enjoying the event.

SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Line Dancing 10:00 AARP Meeting 1:00 Sheriff Saudino Safety for Seniors	2 EXERCISE 10:15 Senior Club Meeting 1:00	3 BINGO 12:45	4 EXERCISE 10:15 HAPPY STITCHERS 1:15	5 CLOSED SUMMER HOURS BUS WILL RUN	6
7 SADDLE BROOK FIREWORKS	8 Line Dancing 10:00 Bingo 1:00 Senior Club AC Trip	9 EXERCISE 10:15 SENIOR CLUB 1:00	10 BINGO 12:45	11 EXERCISE 10:15 HAPPY STITCHERS 1:15	12 CLOSED SUMMER HOURS BUS WILL RUN	13
14	15 LINE DANCING 10:00 BINGO 1:00	16 EXERCISE 10:15 BLOOD PRESSURE 10:30 -1 SENIOR CLUB 1:00	17 BINGO 12:45	18 EXERCISE 10:15 HAPPY STITCHERS 1:15	19 CLOSED SUMMER HOURS BUS WILL RUN	20
21	22 LINE DANCING 10:00 BINGO 1:00	23 EXERCISE 10:15	24 BINGO 12:45	25 EXERCISE 10:15 HAPPY STITCHERS 1:15	26 CLOSED SUMMER HOURS BUS WILL RUN	27 TOWN PICNIC 
28	29 LINE DANCING 10:00 BINGO 1:00	30 EXERCISE 10:15	31 BINGO 12:45			

SUPPORT THE **ADVERTISERS**
THAT SUPPORT OUR COMMUNITY



RECIPE AND SCHEDULE

Gnocchi with summer squash, basil and Feta



1. **1** pound gnocchi, fresh or frozen
2. **1/4** cup olive oil
3. **3** yellow squash (about 1 1/2 pounds), cut into 3/4-inch pieces
4. **3** cloves garlic, chopped
5. kosher salt and black pepper
6. **4** ounces Feta, crumbled (about 1 cup)
7. cup torn fresh basil leaves

DIRECTIONS

1. Cook the gnocchi according to the package directions; drain and return it to the pot.
2. Meanwhile, heat the oil in a large skillet over medium-high heat. Add the squash, garlic, and 1/4 teaspoon each salt and pepper. Cook, tossing occasionally, until crisp-tender, 6 to 8 minutes.
3. Add the squash to the gnocchi and toss to combine. Serve sprinkled with the Feta and basil. Season with pepper.

THINGS TO KNOW

AUGUST RECYCLING CALENDAR

August 5—Commingled
August 12—Newspaper
August 19—Commingled
August 26—Newspaper
September 2—Commingled

DO YOU NEED A RIDE?

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, Mall Shopping on Friday and Bingo on Wednesday & Friday.

For more information and to schedule a pick up please call the Senior Center Director, Joseph Lecce (201) 845-4594.

ATLANTIC CITY RESORTS CASINO

2ND Monday of every month cost is \$25 and \$25 back. Please call Angie 201.796.0904.

SAVVY SENIORS OF THE SADDLE BROOK SENIOR CLUB

The Saddle Brook Senior Club meets on the first and third Tuesday of the month at 1:00 p.m. at the Saddle Brook Senior Center, 8 Caldwell Avenue. The club invites Saddle Brook residents age 55 and older (spouse is automatically eligible) to the meetings For membership call Ann 201.797.7053. For any other information about the Senior Club call Lou 201.370.7959

AARP MEETINGS

The first Monday of every month 1:00 p.m. at the Saddle Brook Senior Center.

The July meeting for AARP will be held on July 11th with member Diane Cherico giving a class "Getting in Shape".

The August meeting for AARP will be held on August 1, with special guest Sheriff Saudino who will present a program called "Safety for Seniors".

AARP TRIPS

.September 22, 2016 Stony Hill Inn San Genaro Festival \$45 includes lunch (own transportation).

October 18, 2016 Hunterdon Hills Play House Show "Squabble" \$78 includes lunch and transportation

November 10, 2016 "Vegas" at the Brownstone \$45 includes lunch own transportation

St. Philip the Apostle Senior Casino Trip

Taj Mahal the first Thursday of the month. The cost is \$25 and \$25 back. Call Evelyn 201.791.4962.

Please join us!

LANDFORMS

E R O H S A E S G O L N M U S
 T R E S E D G H R A X H Q U S
 E Z O Q W D I O E S U X M D F
 P M P G K G U R B I L H I R V
 M E W T H O Q E E S T P C O C
 S T N L Q I R L C S A C L K Z
 G A A I N A W I I R G C Z P D
 R N N M N O T N P L A T E A U
 D E U D A S O E R N G Y J W T
 J H I J B R U G O B N U E E P
 Y X Z C D A S L A V I V P T F
 A G I C A W R H A L R K E L O
 P L T B A L N L Q H P Q B A H
 S U M M I T G B O D S V I N F
 R W P Q C O A S T L I N E D L

COASTLINE
 HIGHLAND
 LAGOON
 PENINSULA
 SANDBAR
 SPRING
 VOLCANO

DESERT
 ICEBERG
 MARSH
 PLATEAU
 SEASHORE
 SUMMIT
 WETLAND

GLACIER
 ISTHMUS
 OASIS
 RAPIDS
 SHORELINE
 SWAMP

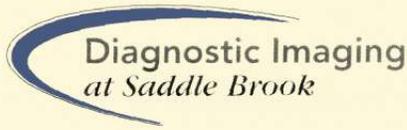
JULY'S SUPER SCRAMBLER ANSWERS

1. Independence
2. Declaration
3. Equality

RIDDLE OF THE MONTH

I devour words
 Wherever I find them
 But still I am no wiser
 Keep your books
 Under lock and key
 Or they'll be eaten up by me

WHAT AM I?



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

Over 200 locations throughout the USA

ZOUNDS[®]
Hearing

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.

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**

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



RE/MAX
EXCELLENCE

For all your Real Estate Needs
Josephine (Josie) Disney
Experience • Knowledge • Integrity

131 Market St.
Saddle Brook, NJ
201-843-2000 ext. 205

Direct: 201-843-0447
201-414-4850
Email: jozeedee@aol.com

Each office independently owned and operated



For ad info. call 1-800-477-4574 • www.4lpi.com

Saddle Brook Senior Ctr., Saddle Brook, NJ

03-1148

SPOTLIGHT



**THANK YOU
FOR YOUR SERVICE!**

In recognition of Saddle Brook Law Enforcement and Emergency Service Volunteers, we would like to acknowledge and thank the men and women who work to ensure the safety and well-being of us all.