

SADDLE BROOK SENIOR CENTER

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



Thank you, Barbara!

At the AARP box luncheon meeting, each female member who paid \$5 received a Subway sandwich and flower corsage created by Teri's Florist in Saddle Brook.

Saddle Brook's own Barbara Calderio performed a Mothers Day Program that included a Mother's Day Poem and audience participation with loads of great prizes. Some of the prizes were gift certificates and goodie-bags with sample products.

Geranium flowers were donated by Councilwoman Flo Mazzer and presented to all of the Mothers in attendance.



ATTENTION ALL SENIORS:

The Savvy Seniors of the Saddle Brook Senior Club and AARP are looking for new members. If you are interested in joining AARP contact Martha 201.488.3643 and to join the Savvy Seniors call Ann 201.797.7053

JUNE 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

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All Around The Town



Saddle Brook residents Edna and Carmella heading home after a fun time at bingo. Join us on Wednesday and Friday at 12:45 for Bingo



Senior Director Joe Lecce and Dottie Szabo enjoying some laughs at the center on May 15th.

Members of our Township Senior Center Advisory Board after their monthly meeting . Back row (L-R): Tom Gasior, Vince Montagna, Lorraine Mady, Mayor Bob White, Rose Paschek, Barbara Calderio and Lou Lipari; Front row seated (L-R): Dorothy Sowa, Evelyn Tortora, Nancy Gara, Angie Karcich and Hellen Matalone. Members missing from the photo are: Councilwoman Karen D'Arminio, Cecelia Pietras and Vera Calcaterra.





SADDLE BROOK SENIOR CENTER



Monday	Tuesday	Wednesday	Thursday	Friday
		1 BINGO 12:45	2 10:15 EXERCISE 1:00 HAPPY STITCHERS	3 BINGO 12:45
6 10:00 LINE DANCING Senior Club AC Trip - call Angie (201) 796-0904	7 SENIOR CENTER IS CLOSED FOR THE PRIMARY ELECTION <i>The bus will run as scheduled</i>	8 BINGO 12:45	9 10:15 EXERCISE 10:30 ADVISORY BOARD MEETING 1:00 HAPPY STITCHERS	10 BINGO 12:45
13 10:00 LINE DANCING	14 10:15 EXERCISE	15 BINGO 12:45	16 10:15 EXERCISE 1:00 HAPPY STITCHERS	17 BINGO 12:45
20 10:00 LINE DANCING	21 10:15 EXERCISE 1:00 SENIOR CLUB MEETING	22 BINGO 12:45	23 10:15 EXERCISE 1:00 HAPPY STITCHERS	24 BINGO 12:45
27 10:00 LINE DANCING	28 10:15 EXERCISE 10:30- 1:00 BLOOD PRESSURE	29 BINGO 12:45	30 10:15 EXERCISE 1:00 HAPPY STITCHERS	

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RECIPE AND SCHEDULE

INGREDIENTS FOR CHICKEN AND SWEET POTATO SALAD

1. **2** sweet potatoes (about 1 pound), peeled and cut into thin wedges
2. **1** red onion, thinly sliced
3. **3** tablespoons olive oil
4. kosher salt and black pepper
5. **4** 6-ounce boneless, skinless chicken breasts
6. **1** bunch spinach, thick stems removed (about 4 cups)
7. **2** tablespoons fresh lime juice

DIRECTIONS

1. Heat oven to 425° F.
2. On a rimmed baking sheet, toss the potatoes, onion, 2 tablespoons oil, ½ teaspoon salt, and ¼ teaspoon pepper. Roast until tender, 20 to 25 minutes.
3. Meanwhile, heat the remaining tablespoon oil in a skillet over medium-high heat.
4. Season the chicken with ½ teaspoon salt and ¼ teaspoon pepper and cook until browned and cooked through, 5 to 6 minutes per side.
5. In a large bowl, toss the warm potato mixture with the spinach, lime juice, and ¼ teaspoon salt. Serve with the chicken.



THINGS TO KNOW

JUNE RECYCLING CALENDAR

June 3—Newspaper
June 10—Commingled
June 17—Newspaper
June 24—Commingled
July 1—Newspaper

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. Beef Steak Lunch 06/12/16 at 1:00 p.m. Tickets cost \$15 for members and \$28 for non-members. For reservations please call Joe Lecce 201.845.4584. The July meeting for AARP will be held on July 11th with member Diane Cherico giving a class “Getting in Shape”.

AARP TRPS

June 23, 2016 The Stoney Hill Inn “Moments to Remember” and lunch \$45 (own transportation)

July 21, 2016 1st. Stop The Shrimp Box, Point Pleasant. 2nd. Stop River Belle Cruise. Cost is \$68 and transportation.

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!

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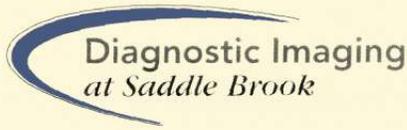
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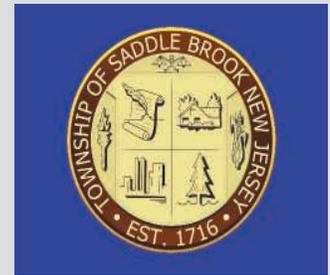
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SPOTLIGHT

MAYOR OF THE YEAR



Congratulations Mayor Robert White! The Law Enforcement Against Drugs program honored Mayor White with the Mayor of the Year Award. Mayor White assisted in the development of this program called L.E.A.D. which is designed to deter youth from drugs, violence and bullying. We are thankful to be represented by a hard-working and dedicated mayor.



FALCONS FLYING HIGH



Saddle Brook Girls High School Softball Team is having an amazing season. The five seniors, Jackie Gutierrez, Alexa Bufi, Vanessa Archibold and Taryn DiGiacomo along with the rest of the Falcons led by Coach Darren White are unstoppable. At the time this photo was taken., the lady falcons record was 20 wins and 3 loses. We wish the girls success with all of their future endeavors. GO FALCONS!!!!

