

SADDLE BROOK SENIOR CENTER

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



Memorial Day has come to mean the beginning of summer, a time for picnics and barbecues and a holiday to gather around the family. That happiness and freedom, however, is a product of the real cause for the holiday: the sacrifice made by men and women who have fought and died for the freedoms and liberties Americans hold dear. Memorial Day is a time to remember that the American way of life is not cheap but rather has been purchased by the lives and blood of so many who have sacrificed for us to live free and happily now.



Photo: Mr. Steve Liszewski Served in United States Navy, Seabees from 1943 to 1945. He is a lifelong member of Boys Club of NY and life long member of the Saddle Brook VFW. Steve served as Secretary of the Holy Name Society for 30 years was named Member of the Year in 2015. Steve volunteered as a Line Dance teacher at the Saddle Brook Senior Center and ran the Atlantic City Bus trips for the Senior Club. He also serves on the AARP legislation panel in Saddle Brook since 1997. Steve volunteered for St. Philip the Apostle Bingo for 50 years and the Summer Festival for 30 years. We all hope to see Steve at the 2016 Memorial Day Parade

TICKETS ARE NOW ON SALE FOR CHICKEN BINGO, SCHEDULED FOR MAY 15, 2016..

TICKETS COST \$12.00 AND INCLUDES LUNCH, DESSERT AND ADMISSION BOARDS.

FOR MORE INFORMATION PLEASE CALL SENIOR CENTER DIRECTOR JOSEPH LECCE (201) 845-4594.



MAY 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



After the Saddle Brook Senior Club meeting, some members enjoyed a game of Left, Right, Center.



Come join us for a game of pool or shuffle board.

A special service hosted by the Saddle Brook First Reformed Church brought together residents, parishioners, and dignitaries who all celebrated Saddle Brook's 300th Anniversary. Thank you, Pastor Christopher Wolf for welcoming all of us.



Vincent Montagna and Ed Ebel of the Saddle River Detachment of the Marine Corps. League gave certificated of appreciation to Councilwoman Florence Mazzer, Police Chief Robert Kugler and Senior Center Director Joe Lecce for their participation in collecting toys for the Toys for Tots Program.





SADDLE BROOK SENIOR CENTER



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 10:00 LINE DANCING</p> <p>12:30 AARP Box Lunch Meeting</p>	<p>3 10:15 EXERCISE</p> <p>1:00 SENIOR CLUB MEETING</p>	<p>4 BINGO 12:45</p>	<p>5 10:15 EXERCISE</p> <p>1:00 HAPPY STITCHERS</p>	<p>6 BINGO 12:45</p>
<p>9 10:00 LINE DANCING</p> <p>Senior Club AC Trip - call Angie (201) 796-0904</p>	<p>10 10:15 EXERCISE</p> <p>1:00 SENIOR CLUB MEETING</p>	<p>11 BINGO 12:45</p>	<p>12 10:15 EXERCISE</p> <p>10:30 Advisory Board</p> <p>1:00 HAPPY STITCHERS</p>	<p>13 BINGO 12:45</p>
<p>16 10:00 LINE DANCING</p>	<p>17 10:15 EXERCISE</p> <p>1:00 SENIOR CLUB MEETING</p>	<p>18 BINGO 12:45</p>	<p>19 10:15 EXERCISE</p> <p>1:00 HAPPY STITCHERS</p>	<p>20 BINGO 12:45</p>
<p>23 10:00 LINE DANCING</p>	<p>24 10:15 EXERCISE</p> <p>10:30- 1:00 BLOOD PRESSURE</p> <p>1:00 SENIOR CLUB MEETING</p>	<p>25 BINGO 12:45</p>	<p>26 10:15 EXERCISE</p> <p>1:00 HAPPY STITCHERS</p>	<p>27 BINGO 12:45</p>
<p>30  Memorial Day CENTER CLOSED <small>© www.dcnlparts.com</small> </p>	<p>31 10:15 EXERCISE</p> <p>1:00 SENIOR CLUB MEETING</p>	<p>MAY</p> 		

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Social Events



AARP Chapter 3785 of Saddle Brook and Councilwoman Karen D'Arminio who also serves as the Chapters' President enjoyed an afternoon performance by "A Touch of Sinatra" The Life and Legend.

THINGS TO KNOW

MAY RECYCLING CALENDAR

May 6—Newspaper
May 13—Commingled
May 20—Newspaper
May 27—Commingled

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 Thursdays and Mall Shopping on Friday. For more information and to schedule a pick up please contact Senior Center Director Joe Leece (201) 845-4594.

BINGO: 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. **MAY 2, 2016 LUNCH MEETING IS \$5 AND WILL INCLUDE SUBWAY LUNCH AND MOTHERS' DAY PERFORMANCE BY BARBARA CALDERIO. NO MEETING IN JUNE AARP WILL HAVE A BEEFSTEAK ON JUNE 12, 2016 AT 1:00 P.M COST \$15 FOR MEMBERS—\$28.00 FOR GUEST. PLEASE CONTACT JOSEPH LECCE (201) 845-4584**

AARP TRIP

June 23, 2016 Stony 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 \$68.00 and includes lunch and transportation.

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

October 13, 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 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

Shrimp Pasta Diavolo

Ingredients

- 1- 9 ounce package refrigerated linguine
- 12 ounces medium fresh shrimp, peeled and deveined
- 1 medium onion, cut into thin wedges
- 3 cloves garlic, minced
- 1/4 teaspoon crushed red pepper
- 2 tablespoons olive oil
- 1 -14 1/2 ounce can diced tomatoes, undrained
- 1-8-oz. can tomato sauce
- 1/2 cup torn fresh basil
- 2 cups fresh baby spinach
- 1/2 cup finely shredded Parmesan cheese (2 ounces)



Directions In a large saucepan cook linguine according to package directions. Drain pasta and return to pan; set aside. Rinse shrimp; pat dry with paper towels. Meanwhile, in a large skillet cook onion, garlic, and crushed red pepper in hot oil until tender. Stir in tomatoes and tomato sauce. Bring to boiling; reduce heat. Simmer, uncovered, for 3 minutes. Add shrimp to skillet; cover and simmer for 3 minutes or until shrimp are opaque. Add shrimp mixture to pasta. Stir in basil and spinach. Top each serving with Parmesan cheese.

It's Never Too Late to Start

Exercise and physical activity can have a positive effect on your everyday life. Even if you think you're too old or too out of shape to exercise, becoming active on a regular basis will give you more energy and the ability to do things more easily, faster, and for longer than before. If you're already active, keep up the good work. If you don't exercise now, it's never too late to start.

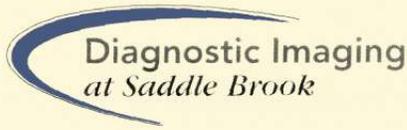
Please join us at the center on Tuesday mornings 10:15 for exercise.



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