

# SADDLE BROOK SENIOR CENTER

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



**October is the month when the smallest breeze gives us a shower of autumn leaves,  
bonfires and pumpkins, leaves sailing down—  
October is red, and golden and brown.**

## OCTOBER 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](http://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](http://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](http://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.



664 Goffe Road, Hawthorne, NJ 07006

## 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

### The Senior Residence

at St. Peter the Apostle  
River Edge, NJ

201-225-0707

[www.StPetersResidence.org](http://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



### 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](http://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.



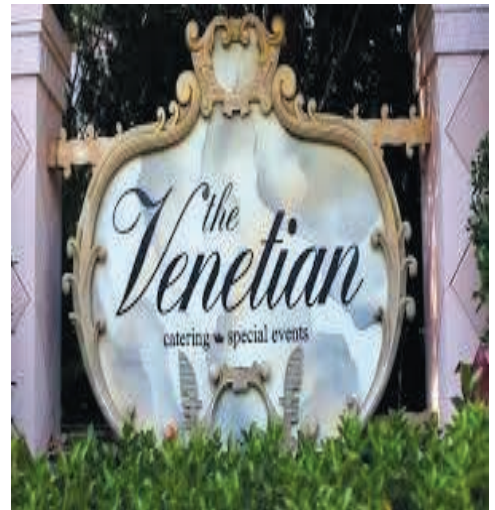
# All Around The Town



October 16th Chicken Bingo at the Senior Center. \$12 includes lunch, games boards and dessert. Tickets are on sale now! See Joe Lecce at the senior center



Saddle Brook Seniors Halloween Party is scheduled for October 25th 6:00 pm at the Saddle Brook VFW. Sign up at the senior center 8 Caldwell Avenue



AARP & Saddle Brook Senior Club is celebrating Christmas at the Venetian Banquet Hall in Garfield NJ on December 19th at 1:00 p.m. Make your reservation today by calling Joe at (201) 845-4594

2016 United States Tour of the Internationally renowned

## KONEVETS Quartet

From St Petersburg Russia  
Folk Songs & Sacred Chant

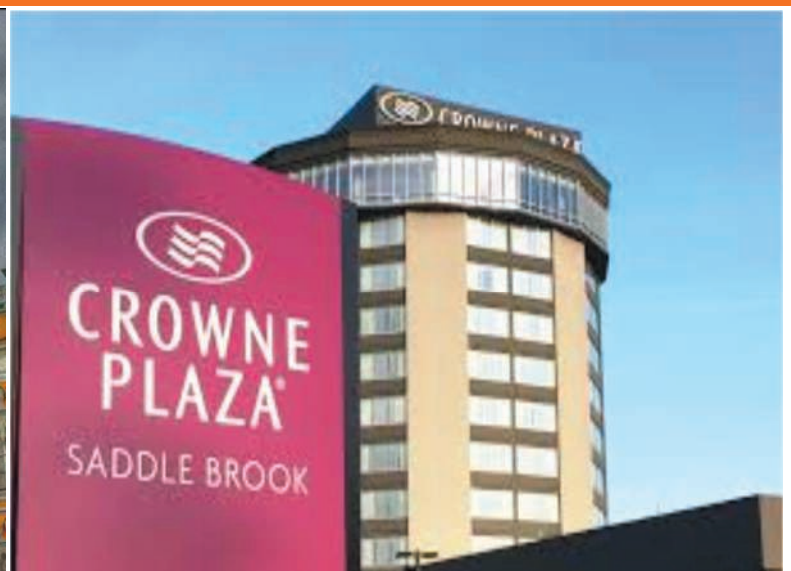

**TUESDAY, October 4th, 7pm**



**HOLY APOSTLES  
ORTHODOX CHURCH**

17 Platt Ave.  
Saddle Brook, NJ 07663  
201-845-7259  
[www.holyapostlesnj.org](http://www.holyapostlesnj.org)

\$10 Donation  
**OPEN TO THE PUBLIC**

**Saddle Brook**


**Celebrating  
300 Years**

1716-2016

**Save the date: November 11, 2016**

The Township of Saddle Brook plans to Celebrate its 300 Years with a Gala at the Crown Plaza. Details will soon be posted on our township website, Facebook and the Community News.

# SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Line Dancing 10 am AARP 1 pm You're the Artist Barbara Calderio	4 Exercise 10:15  Senior Club Meeting 1 pm	5  BINGO 12:45	6 Exercise 10:15 Happy Stitchers 1 pm	7  BINGO 12:45	8
9	10 Center Closed Senior Club AC Trip call Angie 201-796- 0904	11  Exercise 10:15	12  BINGO 12:45	13 Advisory Meeting 10:30 Exercise 10:15 Happy Stitchers 1 pm	14  BINGO 12:45	15
16 CHICKEN BINGO 12 Noon	17 Line Dancing 10 am	18 Exercise 10:15 Blood Pressure 1030-1 pm Senior Club Meeting 1 pm	19  BINGO 12:45	20 Exercise 10:15 Happy Stitchers 1 pm	21  BINGO 12:45	22
23	24 Line Dancing 10 am	25 Exercise 10:15 Halloween Party VFW 6pm Saddle Brook Seniors Only	26  BINGO 12:45	27 Exercise 10:15 Happy Stitchers 1 pm	28  BINGO 12:45	29
30	31 Line Dancing 10 am					

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**



# RECIPE AND SCHEDULE

## DOUBLE LAYER PUMPKIN CHEESCAKE



### Directions

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a large bowl, combine cream cheese, sugar and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.
3. Add pumpkin, cinnamon, cloves and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust.
4. Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving.

### Ingredients

- 2 (8 ounce) packages cream cheese, softened
- 1/2 cup white sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1 (9 inch) prepared graham cracker crust
- 1/2 cup pumpkin puree
- 1/2 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1/2 cup frozen whipped topping, thawed

### THINGS TO KNOW

#### OCTOBER RECYCLING CALENDAR

October 7—Newspaper  
October 14—Commingle  
October 21—Newspaper  
October 28—Commingle

#### 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

**October 3**—"You're the Artist" with Barbara Calderio—Officers Meeting at 12:00

**November 7**—Angela Brauer "Cyber Safety" Officers Meeting at 12:00

**December 19**—Christmas Party at the "Venetian" 12:30 -4:30 Bus Service will be available.

**Reservation deadline is 11/7/16.** Make your reservations today by calling Joe Lecce (201) 845-4594

### AARP TRIPS

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**

Resorts Casino the first Thursday of the month. The cost is \$25 and \$30 back. Call Evelyn 201.791.4962.

### SAVE THE DATE!

October 16, 2016 Chicken Bingo

**Tickets on Sale Now!**

**Halloween Party at the Saddle Brook VFW 10/25/16 6 p.m. Saddle Brook Seniors only. Call Joe (201) 845-4594**

# WORD WISE

## HALLOWEEN TIME

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

AUTUMN

CAULDRON

FESTIVE

GOBLIN

NIGHT

SKELETON

WICKED

BROOMS

COBWEBS

FOGGY

HORROR

PRANKS

SPIDERS

WITCH

CANDY

EERIE

GHOST

MOON

SCARY

SPOOKY

### September Trivia Answers

B. GUNSMOKE

D. TEXACO



### TRIVIA

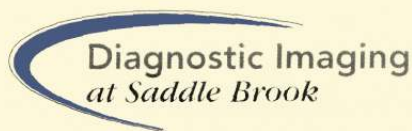
What is the most popular candy sold in the United States?

Who wrote the famous spooky tale, “The Legend of Sleepy Hollow”?

### UNSCRAMBLE

UCEOMST— \_\_\_\_\_

LESENKTO— \_\_\_\_\_



## Ultrasound • Digital X-ray • Open MRI

88 Market St., Saddle Brook, NJ 07663  
201-880-6600 • [www.saddlebrookimaging.com](http://www.saddlebrookimaging.com)



Caring beyond prescriptions.

Aatif Alhout, R.Ph.

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

[www.medicineshoppe.com](http://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

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](http://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.

## 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](http://www.ourseniorcenter.com)

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](mailto: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**



**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](mailto:jozeedee@aol.com)

Each office independently owned and operated



# SPOTLIGHT

Saddle Brook senior residents had a wonderful afternoon at the Saddle Brook 300th Anniversary Picnic . The weather was perfect for an afternoon in the park. They sang along with the music, enjoyed great food and shared a lot of laughs. Thank you Howard Rofofsky for providing transportation during the picnic.

The Township is very thankful to all those who generously sponsored the picnic. And volunteered to help creates a memorable day for all of our residents.

The Saddle Brook Department of Public Works, Police Department, Fire Department and Ambulance Corps. is greatly appreciated for their assistance throughout the day.

