

# SADDLE BROOK SENIOR CENTER

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



## NEW YEAR POEM

Written by **Mrs. Nancy Gara**

As we all know 2016 will soon be out of Sight

And 2017 will become our Guiding Light

But we must remember the year that just passed by

With our 300th Anniversary Celebrations that made Us say "Oh My"

And aren't we lucky to be living in Saddle Brook?

A town that gives us pleasure by hook or crook

The Breakfast at the Dynasty Buffet,

the Picnic in the Park, Halloween Party And the wonderful 300th Gala at the Crowne Plaza

Made it all worth while that we enjoyed everything with such a great smile

We are so grateful to our Mayor and Council

For all the time, work and labor they give to us

Not only our Town Residents, but also all of our Seniors

For providing to us the use of the senior bus

There is not another town that gives so much

Who is always willing to keep in touch

For anyone with problems that need their assistance

They gladly help them out with no Resistance

So let us Thank God for all the blessings

We hold dear and May all the Residents of Saddle Brook have a

**HAPPY NEW YEAR!**



## JANUARY 2017

*The Saddle Brook Senior Center is available for Saddle Brook Residents 55 years and older.*

Joseph J. Caggiano, Dir.  
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NJ Lic. No. 3934

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**Peggy J. Stanlick, BC-HIS\*** NJ Hearing Aid Dispenser Supervising License No. 1086

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## All Around The Town

# GREAT PHOTO LADIES!



The cold did not stop these savvy shoppers from stocking up on holiday goodies. Howie Rofofsky, Senior Bus Transportation Coordinator shuttled our township Seniors to the Christmas Tree Shops. Gina Pecoraro, Lucille Dibello, Nancy Gara and Edna Zorobich know how to find a bargain. Don't miss out on an opportunity to satisfy all of your shopping needs by signing up for shopping trips. Call Joe Lecce Senior Center Director (201) 845-4594.

## FEATURE BUSINESS




Who's hungry? It's the "Go to, anytime and a "who's who " place to dine." Thank you Saddle Brook Diner for continuing to support the Township of Saddle Brook. The Senior Newsletter is available to read at the diner while you enjoy a warm welcome and great food. The Senior Center wishes the Saddle Brook Diner many more prosperous years in our town.

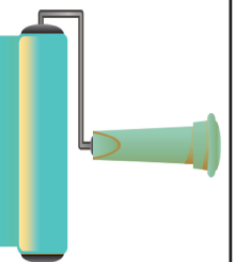
The Senior Club and AARP presented a \$500.00 donation to food pantry coordinator Frank Arnone. The food pantry is housed in the basement at the First Reformed Church. It was a pleasure for the clubs to come together and present the gift to such a worthy cause.



# SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNES- DAY	THURS- DAY	FRIDAY	SATURDAY
1	2 CLOSED HAPPY NEW YEAR	3 EXERCISE 10:15	4 BINGO 1:00 PLEASE BE HERE BY 12:45	5 EXERCISE 10:15 HAPPY STITCHERS 1:00	6 BINGO 1:00 PLEASE BE HERE BY 12:45	7
8	9 LINE DANCING 10:00 Senior AC Trip Call Angie 2017960904	10 EXERCISE 10:15	11 BINGO 1:00 PLEASE BE HERE BY 12:45	12 ADVISORY MEETING 10:30 EXERCISE 10:15 HAPPY STITCHERS 1:00	13 BINGO 1:00 PLEASE BE HERE BY 12:45	14
15	16 LINE DANCING 10:00	17 EXERCISE 10:15 Blood Pressure 10:30—1:00 Senior Club 1:00	18 BINGO 1:00 PLEASE BE HERE BY 12:45	19 EXERCISE 10:15 HAPPY STITCHERS 1:00	20 BINGO 1:00 PLEASE BE HERE BY 12:45	21
22	23 LINE DANCING 10:00	24 EXERCISE 10:15	25 BINGO 1:00 PLEASE BE HERE BY 12:45	26 EXERCISE 10:15 HAPPY STITCHERS 1:00	27 BINGO 1:00 PLEASE BE HERE BY 12:45	28
29	30 LINE DANCING 10:00	31 EXERCISE 10:15				

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# RECIPE AND SCHEDULE



1/2 pound dry fettuccine pasta  
6 tablespoons olive oil, divided  
1 (10 ounce) package frozen chopped spinach  
salt and pepper to taste  
3/4 pound scallops  
4 cloves garlic, sliced  
2 (4.5 ounce) cans sliced mushrooms, drained  
1 (10.75 ounce) can condensed cream of mushroom soup  
1 cup white wine

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve. Meanwhile, in a large skillet, heat 1 to 2 tablespoons of oil and add spinach and salt and pepper to taste. Sauté spinach for 5 to 7 minutes or until wilted and no longer watery. Remove spinach from skillet and toss with pasta; transfer and keep warm.
2. In the same skillet, heat 2 more tablespoons of oil and add scallops and 2 cloves of sliced garlic. Cook scallops for 1 to 2 minutes or until they appear opaque. Add scallops and garlic to fettuccine and spinach mix; transfer and keep warm.
3. In the same skillet, heat 2 tablespoons of oil. Add 2 more cloves of sliced garlic and sauté until golden. Add mushrooms, soup and white wine to skillet. Stir over medium heat for 8 minutes or until warm. Pour over fettuccine and spinach and add ground black pepper to taste; serve.

## THINGS TO KNOW

### JANUARY RECYCLING CALENDAR

January 6—Commingled  
January 13—Newspaper  
January 20—Commingled  
January 27—Newspaper  
February 3,- 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— Please note that for January and February the only meetings that will be held are on January 17th and February 21st.

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 Next AARP Meeting will be held in March of 2017**

### AARP TRIPS

2017 Trip Schedule will be posted in our February Edition.

### St. Philip the Apostle Senior Casino Trip

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

**WE WISH YOU A HAPPY AND HEALTHY  
NEW YEAR**



# WORD WISE

## HAPPY NEW YEAR

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

BEGINNING

CONFETTI

FUN

HATS

NEW

OUT

TOAST

CHAMPAGNE

COUNTDOWN

GATHERINGS

KISS

NOISEMAKER

PARTY

CLOCK

FAMILY

GLASSES

MIDNIGHT

OLD

RESOLUTION

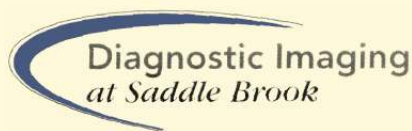
### SIGNS OF THE TIMES

1. BFIEERS: \_\_\_\_\_
2. UHLA POHOS: \_\_\_\_\_
3. UPTPWREAER \_\_\_\_\_

### ANSWERS TO DECEMBER TRIVIA

1. Eleven Pipers Piping
2. Twice
3. White Christmas (Bing Crosby 1942)
4. Miss Fanny Bright
5. Yes





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# SPOTLIGHT.....

The Saddle Brook Senior Club and the AARP mingled and jingled at the Annual Christmas Party. Good friends celebrated the holiday season by enjoying good food and music entertainment. Thank you to all club members and township employees who helped make the day memorable.

