

SADDLE BROOK SENIOR CENTER

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

THE WILDCATS WOW SADDLE BROOK AARP



The May 1st. AARP meeting at the Saddle Brook Senior Center was not standard by any means. Members enjoyed lunch catered by Saddle Brook's own Nick's Sandwich Shop, followed by a Doo Wop. The group toe tapped and clapped to classics such as, "Mr. Sandman, Bye, Bye, Love and In the Still of the Night."

JUNE 2017

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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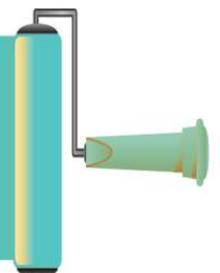
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All Around The Town



A dedication ceremony was held for the newly built sign at Avon Park. James and Monica Maniscalco, who started a sports program for children with special needs called the Saddle Brook Angels, spearheaded the project. A team of volunteers were assembled to complete the job, which could not have been done without the generous contributions of William Merritt of Belden Brick, Saddle Brook and Frank Staffa of Well-Built Carpentry & Builders, Lodi.

The sign, which is at the Avon Lane entrance, now officially recognizes the park as “The Home of the Angels”. Special thanks to the members of the Mayor’s Youth Group and our DPW for planting bushes and an Evergreen tree at the entrance to the park in honor of Earth Day and the sign dedication.



Philip Driscoll, CEO for Kessler Rehabilitation Institute (2nd from left), displaying food donated by Kessler employees for our Township Community Partnership Food Drive to benefit the Saddle Brook Food Pantry housed at the First Reformed Church. Kessler also donated Shop-Rite Supermarket gift certificates. Others pictured in the photo are Community Partnership Coordinator Howard Weinberg (far right) and Pastor Christopher Wolf of the First Reformed Church (2nd from right). On behalf of the Township and our Community Partnership, I want to thank Kessler for their generosity and support of our food drive.



Beginning last year in 2016, the Saddle Brook Police Department was approved by the Drug Enforcement Administration and the NJ Attorney General's office as a permanent prescription drug collection site. A specially designed collection box has been installed in the lobby of the police department for residents to dispose of their unwanted, expired or un-needed medications 24 hours a day.

The collected medicines are taken to a state-approved vendor and are immediately incinerated in an environmentally safe manner

SAVE THE DATE

June 10— Saddle Brook Fishing Derby, sponsored by the Saddle Brook Kiwanis
9 a.m.–12 noon at Otto Pehle Park
(SADDLE BROOK RESIDENTS ONLY REGISTRATION REQUIRED—CALL 201.587.2903)

July 3—Saddle Brook Annual Fireworks display
, sponsored by the Saddle Brook VFW

August 26—Picnic in the Park, 12 noon—4 p.m.
(SADDLE BROOK RESIDENTS ONLY REGISTRATION INFORMATION WILL SOON BE ANNOUNCED)

SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Exercise 10:15 Happy Stitchers 1 pm	2 BINGO 12:45 P.M	3
4 AARP Installation Luncheon 1 pm	5 LINE DANCING 10:00	6 EXERCISE 10:15 Senior Club 1 pm	7 BINGO 12:45 P.M	8 Exercise 10:15 Happy Stitchers 1 pm	9 BINGO 12:45 P.M	10
11	12 LINE DANCING 10:00 Senior Club AC TRIP Call Angie 201.796.0904	13 EXERCISE 10:15	14 BINGO 12:45 P.M	15 Exercise 10:15 Happy Stitchers 1 pm	16 BINGO 12:45 P.M	17
18 Happy Father's Day 	19 LINE DANCING 10:00	20 EXERCISE 10:15 Blood Pressure 10:30—1:00 Senior Club 1:00	21 BINGO 12:45 P.M	22 Exercise 10:15 Happy Stitchers 1 pm	23 BINGO 12:45 P.M	24
25	26 LINE DANCING 10:00	27 EXERCISE 10:15	28 BINGO 12:45 P.M	29 Exercise 10:15 Happy Stitchers 1 pm	30 BINGO 12:45 P.M	

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RECIPE AND SCHEDULE

Grilled Steak, Mushroom, and Green Bean Salad



INGREDIENTS:

- 1/2pound large white mushrooms, halved
1/2pound green beans, trimmed
1. 1 red onion, cut into 1/2-inch-thick rounds
 2. 3tablespoons olive oil
 3. kosher salt and black pepper
 4. 1pound skirt steak, cut cross-wise into 4 pieces
 5. 4tablespoons balsamic vinegar
 6. 1 bunch watercress, thick stems removed about 4 cups

DIRECTIONS: Heat grill to medium-high. In a large bowl, toss the mushrooms, green beans, onion, 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Grill the vegetables (place the beans perpendicular to the grates to keep them from falling through), turning occasionally, removing them as they become tender, 8 to 12 minutes. Meanwhile, season the steak with 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill alongside the vegetables, brushing occasionally with 2 tablespoons vinegar, 3 to 5 minutes per side for medium-rare. Let rest for 5 minutes before slicing. Divide the watercress, grilled vegetables, and steak among bowls. Drizzle with the remaining 2 tablespoons oil and 2 tablespoons vinegar

THINGS TO KNOW

JUNE RECYCLING CALENDAR

June 2-News paper
June 9-Commingled
June16-Newspaper
June 23-Commingled
June 30- Newspaper
July 7- 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 Angie 201.796-0904. For any other information about the Senior Club call Lou 201.370.7959

AARP MEETINGS

June 4, 2017—Installation Dinner 1:00
July 10— Meeting 1:00 - BC Sheriff Canine Demonstration at 1:30
August 7—Meeting 1:00 and Bergen County Housing representative will discuss the housing plans for Caldwell Avenue. Please call Joe Lecce at (201) 845-4594 to reserve a seat (limited capacity)

AARP TRIPS

Information call : Marie 201.281.1099

06/23 - 8:15 River Lady Tour lunch on board, includes transportation from senior center Approx. \$66

08/15—11:00 Comedy & Music at the Brownstone must provide own transportation \$60

09/20—11:00 San Genaro festival at the Stony Hill must provide own transportation Approx. \$60

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.

SUMMER FRIDAY BINGO

Please be advised beginning Jul 7— Sept. 1 Friday Bingo will begin at 12 noon sharp.



WORD WISE

Father's Day Word Search

Father's Day is Sunday,
June 19. Can you find
these words that have
to do with dad?

ATHLETIC	FUNNY
BRAVE	GOLF
DAD	KIND
DADDY	SPORTS
ESPN	TENNIS
FATHER	TIE
FISHING	TOOLS
FOOTBALL	

MARTY WESTMAN/MCT

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

RIDDLES

Q. With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I? _____

Q. How many seconds are there in one year? _____

Q. How many bananas can you eat if your stomach is empty? _____

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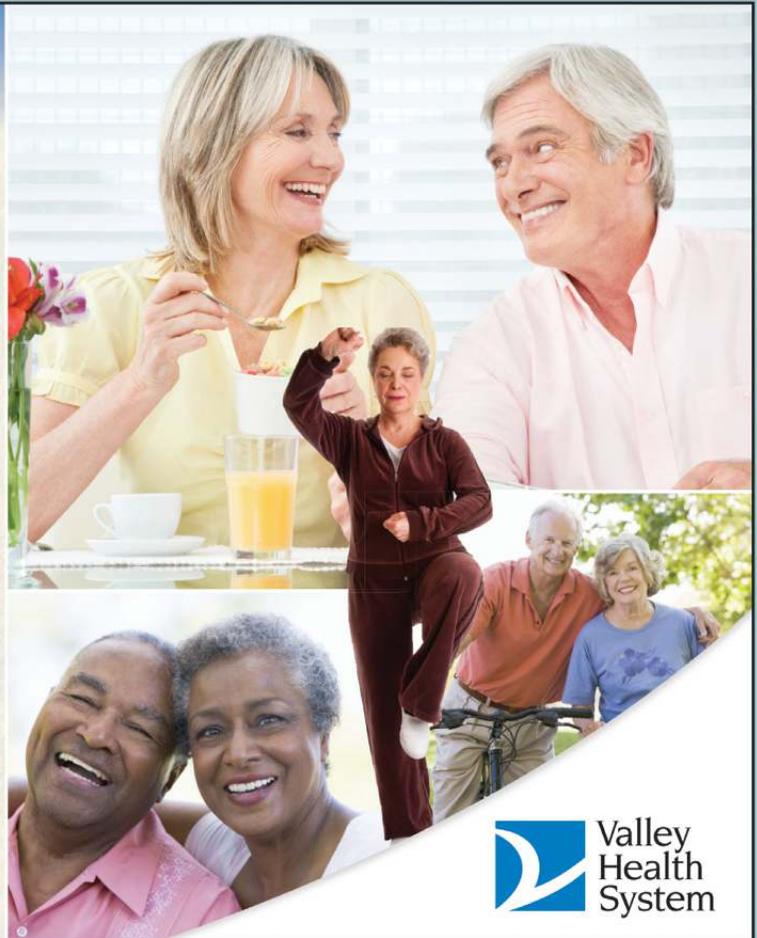
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IN THE SPOT LIGHT



The Township of Saddle Brook Police Department along with family and friends, gathered for the 17th Annual Police Memorial. Service to honor the deceased members of the police department. Following the service, refreshments were served at the VFW. Thank you to all those who attended and participated .