# SADDLE BROOK SENIOR CENTER

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



## SEPTEMBER 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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# All Around The Town







**Thank you Saddle Brook Medical Center and Spencer Savings Bank for supporting our seniors by helping circulate our monthly newsletter.**





**A nice crowd came out to Washington School and enjoyed our township's National Night Out celebration. The event is a great way to bring the community together to meet and thank our first responders who keep us safe every day. The main purpose of National Night Out is to increase awareness about police and public safety programs.**

# SADDLE BROOK SENIOR CENTER

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | EXERCISE 10:15 HAPPY STITCHERS 1:00 | 1 SUMMER BINGO 12:00 | 2 |
| 3 |   | 5 EXERCISE 10:15 **Senior Club 1:00** | 6 BINGO 12:45 | 7 EXERCISE 10:15 HAPPY STITCHERS 1:00 | 8 BINGO 12:45 | 9 |
| **10** | 11 LINE DANCING 10:00 **AC TRIP** AARP 1:00 AARP meeting 1:00 | 12 EXERCISE 10:15 | 13 BINGO 12:45 | 14 EXERCISE 10:15 SENIOR ADVISORY MEETING 10:30 HAPPY STITCHERS 1:00 | 15 BINGO 12:45 | 16 |
| 17 | 18 LINE DANCING 10:00 | 19 EXERCISE 10:15 Blood Pressure 10:30—1:00 Senior Club Meeting 1:00 | 20 BINGO 12:45 pm | 21 EXERCISE 10:15 HAPPY STITCHERS 1:00 | 22 BINGO 12:45 | 23 |
| 24 | 25 LINE DANCING 10:00 | 26 EXERCISE 10:15 | 27 BINGO 12:45 pm | 28 EXERCISE 10:15 HAPPY STITCHERS 1:00 | 29 BINGO 12:45 | 30 |


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# RECIPE AND SCHEDULE

## Balsamic Pork Chops



- 5 (1/2-inch-thick) boneless pork loin chops
- 1 1/4 teaspoons lemon-herb seasoning
- 2 1/2 tablespoons all-purpose flour
- 1 tablespoon olive oil
- 2/3 cup balsamic vinegar
- 1/2 cup chicken broth

Sprinkle pork evenly with seasoning and flour.

Cook pork in hot oil in a large skillet over medium heat 3 to 4 minutes on each side until lightly browned and keep warm.

Add the vinegar and broth to skillet, stirring to loosen particles from the bottom. Cook, stirring often, over medium high heat for 5 minutes or until slightly thickened. Spoon sauce over pork and serve immediately.

## THINGS TO KNOW

### SEPTEMBER RECYCLING CALENDAR

September 1– Commingled
September 8—Newspaper
September 15—Commingled
September 22—Newspaper
September 29– Commingled
October 6—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 Angie 201.796-0904. For any other information about the Senior Club call Lou 201.370.7959

### AARP MEETINGS

September 11—1:00 p.m. meeting followed by pizza and bingo .
October 2– 1:00—Game day with Barbara Calderio

### AARP TRIPS

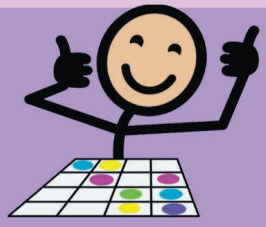
**Information call : Marie 201.281.1099**
09/09—10:00 Steam Train Ride along the Delaware $40 . Contact Marie (201) 281-1099

09/20—11:00 San Genaro festival at the Stony Hill must provide own transportation Approx. $50

10/11—10:00 Bus trip around 7 Lakes Drive (Lunch at Bear Mountain Inn) Transportation Incl. $50

10/25—11:00 Octoberfest at the Brownstone—own transportation $60

## SAVE THE DATE



**Chicken Bingo**
**September 17th 12:00**
**Contact Joe Leece for tickets—(201) 845-4594**



**Halloween Party**
**VFW October 24th 6:00**

# WORD WISE




## Word Search

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

**See how many of these newspaper related words you can find in the puzzle.**
**The words can be forward, backward or diagonal.**

Created by Sue Lindlauf
Grand Forks Herald 2012

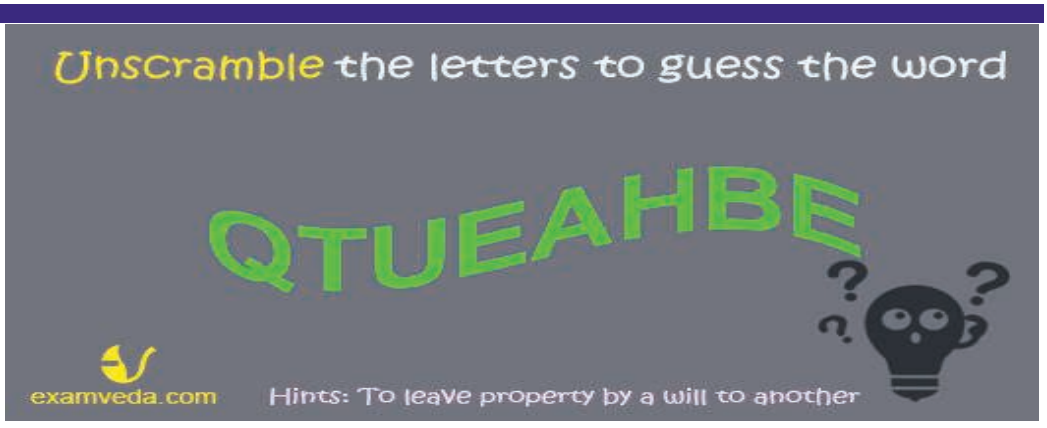
1. LABOR
2. DAY
3. HOLIDAY
4. SEPTEMBER
5. WORK
6. LONG
7. WEEKEND
8. ENDING
9. SUMMER
10. NATIONAL
11. USA
12. TRAVEL
13. AMERICAN
14. MONDAY
15. DAY
16. OFF

**August Riddles Answers:**

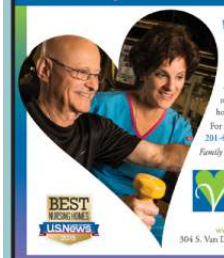
1.Hiss & Hers

2.Move  from place to place

3. Human Beings



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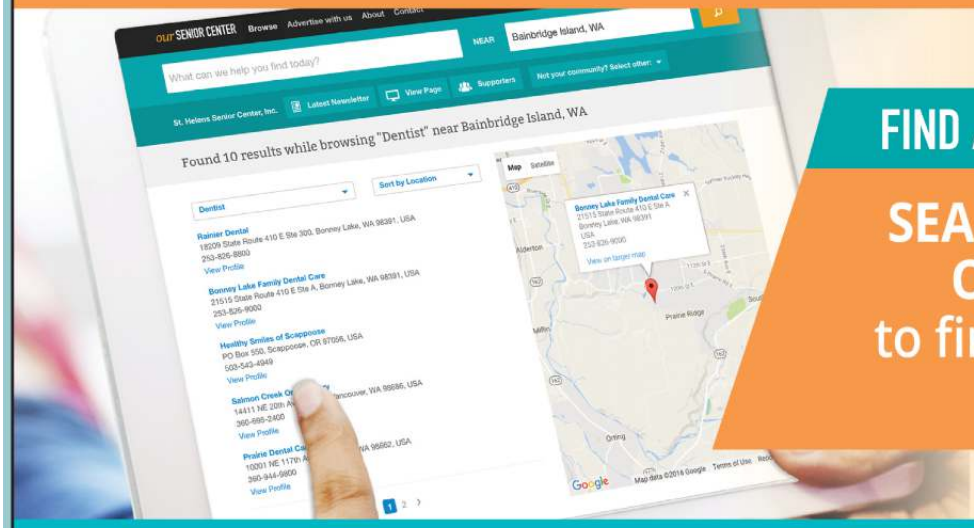



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# IN THE SPOT LIGHT



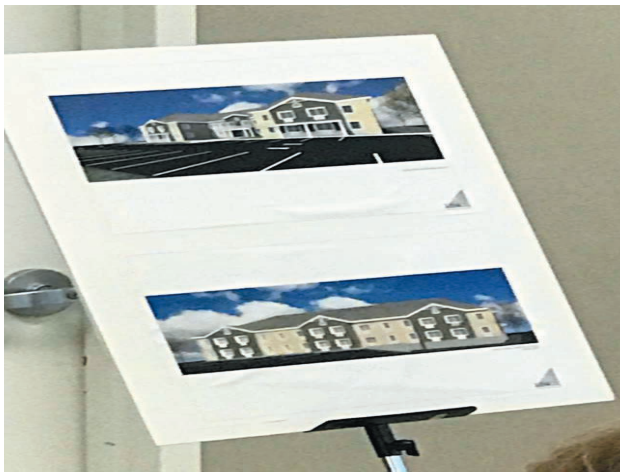


Photo shown on the left is the old nursing home which currently stands on Caldwell Avenue. It is schedule for demolition and will be replaced by the 2 story—30 unit affordable housing complex shown above on the right.

On Monday, August 7th, John Biale, Director of Development at Housing and Development of Bergen County gave a presentation about the new senior housing project on Caldwell Avenue. The presentation was informative and included architectural plans and designs of the building and the 30 affordable housing units. The seniors had an opportunity to ask questions and view renderings and design samples. Another presentation to address the application process and requirements will be scheduled in the near future. The presentation was videotaped and can be viewed on Our Town TV, Ch. 77 - Cablevision, Ch. 38 - Verizon FiOS and the township website and Facebook page.



