

# *SADDLE BROOK SENIOR CENTER*

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



*FEBRUARY 2018*

*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

# UPGRADE TO A VIBRANT ad

Contact us for details • 800-477-4574



➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

Contact Joseph Visconto to place an ad today!  
 jvisconto@4LPi.com or (800) 477-4574 x6346

## 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



## Professional Hearing Aid Center

681 Main St • Hackensack

www.professionahearingaids.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.

**The  
Senior Residence**  
 at St. Peter the Apostle  
 River Edge, NJ  
 201-225-0707  
 www.StPetersResidence.org

### Joshua Kaplan, Esq.

22-05 Maple Ave, Fair Lawn, NJ

Wills & Trusts | Probate & Administration  
 Estate Planning | Medicaid Planning  
 Elder Law | Real Estate | Business Law



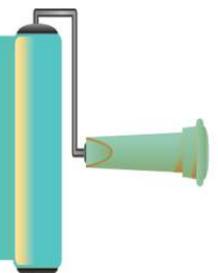
WE MAKE HOUSE CALLS

**201.773.0776**



www.kaplanlawpractice.com

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**



# All Around The Town



Chief Christopher Sloma and Assistant Chief Joseph Polizotti were sworn in by Mayor Robert White on January 6th 2018 in the presence of their family. Thank you Former Chief Tom Dickman for your service as fire chief 2016-2017



Mayor Robert White, Township Council Members and Police Chief Robert Kugler presided over police promotions and the appointment of a new police officer at a ceremony held at the senior center on January 17, 2018. Congratulations to Captain Christopher Mamone, Lieutenant Victor Van Dyk, Lieutenant Anthony Maneri, Sergeant John Tritto, Sergeant Scott Habermann and Police Officer Marcos Torres. On behalf of the entire community, we wish you all safe and successful careers.



# SADDLE BROOK SENIOR CENTER

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY                | THURSDAY   | FRIDAY                   | SATURDAY |
|---|--|--|--------------------------|--|--------------------------|----------|
|                               |  |  |                          | 1<br>EXERCISE<br>10:15<br>Happy<br>Stitchers<br>1 pm                                 | 2<br>BINGO<br>12:45 P.M  | 3        |
| 4   | 5<br>LINE<br>DANCING<br>10:00  | 6<br>EXERCISE<br>10:15.<br>Senior Club<br>Meeting<br>1pm                       | 7<br>BINGO<br>12:45 P.M  | 8<br>EXERCISE<br>10:15<br>Happy<br>Stitchers<br>1 pm                                 | 9<br>BINGO<br>12:45 P.M  | 10       |
| 11  | 12<br>CLOSED<br>LINCOLN'S<br>BIRTHDAY<br>AC TRIP<br>Call Angie<br>201.796.0904 | 13<br>EXERCISE<br>10:15<br>Blood<br>Pressure<br>10:30—1:00<br>Senior Club 1:00 | 14<br>BINGO<br>12:45 P.M | 15<br>EXERCISE<br>10:15<br>Happy<br>Stitchers<br>1 pm                                | 16<br>BINGO<br>12:45 P.M | 17       |
| 18  | 19<br>CLOSED<br>PRESIDENT'S<br>DAY   | 20<br>EXERCISE<br>10:15  | 21<br>BINGO<br>12:45 P.M | 22<br>EXERCISE<br>10:15<br>Happy<br>Stitchers<br>1 pm                                | 23<br>BINGO<br>12:45 P.M | 24       |
| 25<br>CHICKEN<br>BINGO<br> | 26<br>LINE<br>DANCING<br>10:00   | 27<br>EXERCISE<br>10:15  | 28<br>BINGO<br>12:45 P.M |  |                          |          |

## HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

**CALL NOW! 1-888-862-6429**



## Holiday Sale

GET HELP AT THE TOUCH OF A BUTTON



**\$29.<sup>95</sup> / Mo. BILLED QUARTERLY**

- Providing Protection In the Home • **One Month Free**
- No Long-Term Contracts • Price Guarantee

**CALL TODAY! 877.801.5055**



# RECIPE AND SCHEDULE

## FRENCH BREAD PIZZAS



Preheat the oven to 375 degrees. Slice rolls in half and lay them, cut side up, on a large baking sheet. Top each half with a generous portion of either marinara or pesto. Next, top with a generous amount of grated mozzarella and Parmesan, if you'd like. Add whatever toppings you'd like on top of the cheese! Once all assembled, put the pan in the oven on the lowest rack for 8 to 10 minutes. Crank up the heat to 425 and put it on the highest rack until the cheese starts to bubble a bit and turn golden. Remove and serve immediately! You can cut the pizzas in half right across the middle so there are mini-French Bread Pizzas for everyone.

- 6 whole Deli Rolls Or Crusty Italian Rolls
- Jarred Marinara Sauce Or Pizza Sauce
- Jarred Or Refrigerated Pesto
- 2 pounds Mozzarella Cheese, Grated
- Grated Parmesan Cheese To Taste
- 2 Tablespoons Butter
- 1 whole Onion, Sliced
- 1/2 pound Sausage (regular Breakfast Sausage Or Italian Sausage)
- Pepperoni Slices
- Canadian Bacon Slices
- Pineapple Chunks, Fresh Or Canned
- Roma Tomatoes, Sliced
- Sliced Black Olives
- Optional Ingredients: Goat Cheese, Sliced Bell Peppers, Various Cheeses, Pepperoncinis, Jalapeno Slices, Diced Red Onion, Any Other Pizza Topping You'd Like!

## THINGS TO KNOW

### FEBRUARY RECYCLING CALENDAR

February 2—Commingled  
February 9— Newspaper  
February 16— Commingled  
February 23— Newspaper

### DO YOU NEED A RIDE?

The Saddle Brook Senior Center Schedules rides to the Doctor on Monday through Wednesday. On Thursday we go food shopping and on Friday we go the malls. Please call to reserve a spot on Mondays. The bus also picks up on Wednesday & Friday for Bingo.

**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 \$30 back. Please call Angie 201.796.0904.

### 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

March 5th will be the first meeting for 2018.

### AARP TRIPS

There are no AARP Trips scheduled at this time.

### St. Philip the Apostle Senior AC Casino

**Trip** : Resorts Casino the 2nd. Tuesday of the month. The cost is \$30 with \$30 Slot Return and \$10 Food Voucher Call Maria at (973) 772-2010

### SADDLE BROOK WOMENS CLUB

Looking to be a part of an organization that accomplishes their goals through volunteer service within the community and by assisting others, state and federal worldwide? Are you looking for a chance to socialize and make friendships while working together as volunteers toward a common goal? Join the SBWC call Paula for more information (201) 755-4960

### SAVE THE DATE:

**Chicken Bingo February 25, 2018**

**Senior Center**

**12:00 noon—doors open at 11:00**

**Cost \$13**

**For Tickets Call Joe: (201) 843-4594**

# WORD WISE

## Happy Valentine's Day

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



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

Chicken Scratch NY

SFRLEOW: \_\_\_\_\_

ECTHAOLOC: \_\_\_\_\_

PFIRIHSEDN: \_\_\_\_\_

### January Answers:

Midnight, Clock, Cheers



**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 1953.*

**VAN DYK HEALTH CARE AT RIDGEWOOD**  
We care.  
304 S. Van Dieren Avenue, Ridgewood, NJ 07450

**BEST RESUME**  
USNEWS

**Patrick J. Conte**  
**Funeral Home Inc.**  
Stephen P. Conte, Jr. Manager  
NJ Lic No. 3785



**201-796-0060**  
274 Market St. • Elmwood Park

**THIS SPACE IS AVAILABLE**

*Janet B. Lurie*  
**Attorney at Law**  
Certified Elder Law Attorney by the ABA  
accredited National Elder Law Foundation  
**201-489-8939**  
**201-489-8556 Fax**  
**JBLuriesq@aol.com**  
32 Mercer St.  
Hackensack

**NAELA**  
National Academy of Elder Law Attorneys, Inc.  
MEMBER

**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
- Refractive Alzheimer's Care
- Respite/Rehab Care

For information, please call 973-636-7000.  
*Family Caring for Family Since 1953.*



**VAN DYK HEALTH CARE AT PARK PLACE**  
We care.  
www.vandykhealthcare.com  
644 Goffle Road, Havelhorne, NJ 07906

*The*  
**PATON LAW FIRM**

**Kimberly A. Paton, Esq.**  
Wills, Living Wills, POAs  
Trusts, Estates, Real Estate

29 North Farview Ave. / Paramus, NJ  
**201-291-1603**  
**www.patonlawfirm.com**

**UPGRADE TO A VIBRANT ad**

Contact us for details  
**800-477-4574**

**DR. RICHARD E. FILIPEK**  
Surgeon Podiatrist  
*Foot Care for the Entire Family*  
486 Van Bussum Ave. / Garfield, NJ  
**973-546-1200**



*The only thing more incredible than our food, are our affordable prices*

**Barcelona's**  
**Restaurant & Bar**

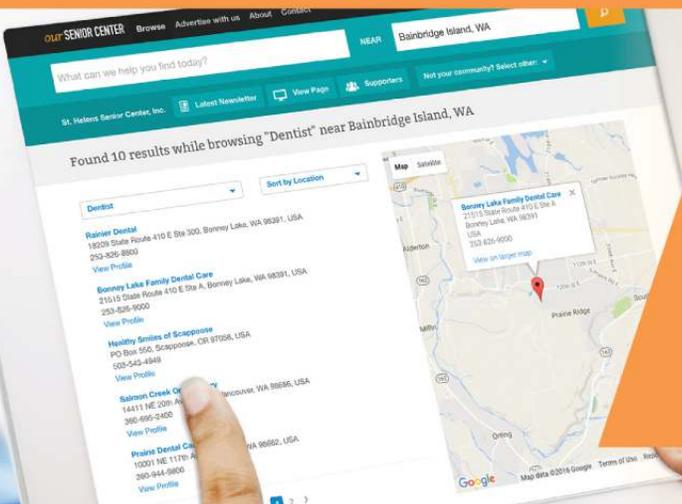
**PIZZERIA • STEAKS • SPAGHETTI • HOT GARLIC BREAD**  
*Family owned for over 75 years | 38 Harrison Avenue, Garfield, NJ*

**973-772-6960 • www.barcelonasnj.com • 973-778-4930**



**our SENIOR CENTER**

A convenient source for local services



**FIND AN ADVERTISER NEAR YOU**

**SEARCH SUPPORTERS OF OUR CENTER to find trusted services in our area!**

**Sign up to have our newsletter emailed to you! [ourseniorcenter.com](http://ourseniorcenter.com)**



A very big THANK YOU! to Frank's Pizzeria for an amazing catering job. The Saddle Brook Senior Center and Township Employees enjoyed delicious food at their holiday parties. Its always a pleasure doing business with you and your staff.. We appreciate your impeccable service and food!



**From the left:** Mayor Robert White, Senior Center Transportation Howard Rofofsky, Senior Director Joseph Lecce and Department of Public Works Sandi Goodwin, join for a photo at the Senior Center Holiday Bingo Luncheon . Good food, fun games and great laughs were had by all who attended.

The Senior Advisory Board was sworn-in at their first meeting of the year on January 11, 2018. The board serves as a liaison to seniors throughout the town. Their primary purpose is to assess senior services and make recommendations on programs and policies. The board looks forward to a productive 2018.

