

# *SADDLE BROOK SENIOR CENTER*

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



## *OCTOBER 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

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\*Certified by the National Board for Certification in Hearing Instrument Sciences.

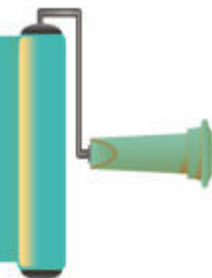
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# All Around The Town



Our township pizzerias went above & beyond for our Township Picnic by donating, HOT, FRESH & DELICIOUS pizza pies. From start to finish, pizza was available to picnic goers. We encourage ALL SB residents to get out and support our local business. Don't cook tonight order a pie! Mmmm, Mmmm Good!!

## THANK YOU

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# SADDLE BROOK SENIOR CENTER

| SUNDAY | MONDAY                                                                      | TUESDAY                                                                                | WEDNESDAY                                                                                                   | THURSDAY                                                                             | FRIDAY               | SATURDAY |
|--------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------|----------|
|        | 1<br>LINE DANCING<br>10:00<br><br>AARP 1:00                                 | 2<br>EXERCISE<br>10:15<br><br>Senior Club<br>1:00                                      | 3<br>BINGO<br>12:45                                                                                         | 4<br>EXERCISE<br>10:15<br>Happy Stitchers<br>1 pm                                    | 5<br>BINGO<br>12:45  | 6        |
| 7      | 8<br>AC TRIP<br>Call Angie<br>201.796.0904<br>COLUMBUS DAY<br>CENTER CLOSED | 9<br>EXERCISE<br>10:15                                                                 | 10<br>BINGO<br>12:45                                                                                        | 11<br>EXERCISE<br>10:15<br><br>Happy Stitchers<br>1 pm                               | 12<br>BINGO<br>12:45 | 13       |
| 14     | 15<br>LINE DANCING<br>10:00                                                 | 16<br>EXERCISE<br>10:15<br><br>Blood Pressure<br>10:30—1:00<br><br>Senior Club<br>1:00 | 17<br>BINGO<br>12:45                                                                                        | 18<br>EXERCISE<br>10:15<br><br>Happy Stitchers<br>1 pm                               | 19<br>BINGO<br>12:45 | 20       |
| 21     | 22<br>LINE DANCING<br>10:00                                                 | 23<br>EXERCISE<br>10:15<br>Halloween Party<br>6-9 pm                                   | 24<br>BINGO<br>12:45                                                                                        | 25<br>EXERCISE<br>10:15<br><br>Happy Stitchers<br>1 pm                               | 26<br>BINGO<br>12:45 | 27       |
| 28     | 29<br>LINE DANCING<br>10:00                                                 | 30<br>EXERCISE<br>10:15                                                                | 31<br>BINGO<br>12:45<br> |  |                      |          |

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# RECIPE AND SCHEDULE



## OCTOBER RECIPE

### CHICKEN, SAUSAGE & PEPPERS

2 Tbsp unsalted butter  
3/4 pound sweet or hot Italian sausage, cut into chunks  
3/4 pound skinless, boneless chicken breasts, cut into chunks  
Kosher salt and freshly ground pepper  
1 Tbsp all-purpose flour  
1 small onion, chopped  
2 Italian green frying peppers, cut into 1-in pieces  
3 cloves garlic, roughly chopped  
1/2 cup dry white wine  
3/4 cup low-sodium chicken broth  
1/4 cup roughly chopped fresh parsley  
2 jarred pickled cherry peppers, chopped, plus 2 Tbsp liquid from the jar.

Heat 1 Tbsp butter in a large skillet over medium-high heat. Cook the sausage until golden, about 2 minutes. Season the chicken with salt and pepper, then toss with the flour in a bowl; add to the skillet and cook until browned but not cooked through, about 3 minutes.

Add the onion, peppers, garlic, 1/2 tsp salt, and pepper to taste and cook 3 minutes. Add the wine, scraping up and browned bits; bring to a boil and cook until slightly reduced, about 1 minute. Add the broth and bring to a gentle simmer. Cover and cook until sausage and chicken are cooked through, about 5 minutes.

Transfer the chicken, sausage, and vegetables to a platter with a slotted spoon. Increase the heat to high and stir the parsley and cherry peppers and their liquid into the skillet; boil until reduced by one-third, 2 to 3 minutes. Remove from the heat and stir in the remaining 1 Tbsp butter. Pour the sauce over the chicken mixture.

#### RECYCLING CALENDAR

|            |           |
|------------|-----------|
| October 5  | Newspaper |
| October 12 | Commingle |
| October 19 | Newspaper |
| October 26 | Commingle |
| November 2 | 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.

#### AARP TRIPS

There are no AARP Trips scheduled at this time.

#### St. Philip the Apostle Senior AC Casino Trip

Resorts Casino the 3rd. Tuesday of the month. The cost is \$30 with \$30 Slot Return and \$10 Food Voucher Call Maria at (973) 772-2010.

#### AARP MEETINGS

October 1—Senator Joseph Lagana will discuss senior issues.

November 5—Saddle Brook Captain James Galbo

December 17— Christmas Party

#### SADDLE BROOK WOMAN'S 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

#### 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 seniors age 55 and older (spouse is automatically eligible) to the meetings For membership call Henry (201) 796-7225. For any other information about the Senior Club call Lou 201.370.7959



## Autumn Word Search



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

1. Autumn
2. Fall
3. Leaves
4. Colors

5. Raking
6. Harvest
7. Pumpkins
8. Apples

9. Gourds
10. Football
11. Season
12. Scarecrow

13. Corn
14. Maize
15. Yellow
16. Orange

September  
Answer

### TRIVIA QUESTION

HOW MANY STATES START WITH THE LETTER A

5, 6, 2 or 4: \_\_\_\_\_

To make up for a  
bad Summer



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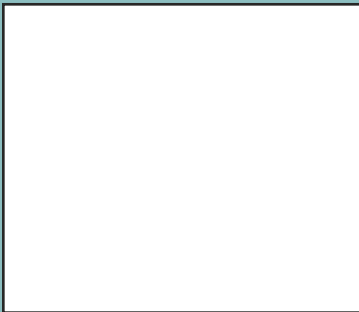
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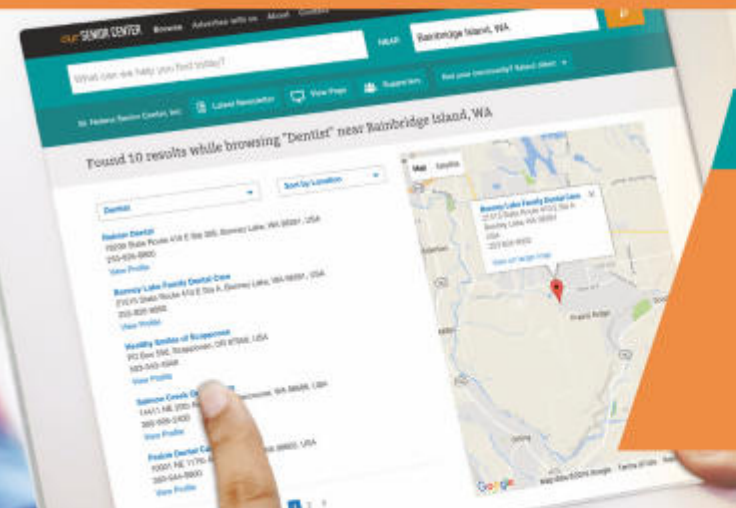
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