

SADDLE BROOK SENIOR CENTER

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



Photograph by: Summer Alfonso, SBHS

FEBRUARY 2019

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

Joseph J. Caggiano, Dir. Lisa M. Caggiano, Mgr. Richard J. Meade, Dir.
 NJ Lic. No. 4083 NJ Lic. No. 3934 NJ Lic. No. 4962

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All Around The Town



Mayor White swearing in Gloria Simoldoni and Ann Barlas to the Township Senior Center Advisory Board. The Board supports and advocates for our township senior citizens, makes recommendations on programs and policies and is the liaison between the Senior Center and the township governing body.



Saddle Brook Education Association members supported the Saddle Brook Food Pantry with donations from the "Souper Bowl" food drive. Food and paper good donations can be brought to town hall and the senior center.



TOWNSHIP OF SADDLE BROOK REORGANIZATION MEETING.

Mayor Bob White, Councilwoman Karen D'Arminio and Councilman Todd Accomando took the oath of office for a second term after being re-elected on Tuesday, November 6, 2018. The Township Council reappointed Florence Mazzer as Council President for a second year.

SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 BINGO 12:45	2
3	4 LINE DANCING 10:00	5 EXERCISE 10:15 . Senior Club 1:00	6 BINGO 12:45	7 Exercise 10:15 Happy Stitchers 1 pm	8 BINGO 12:45	9
10	11 LINE DANCING 10:00 Senior Club AC TRIP Call Angie 201.796.0904	12 CLOSED 	13 BINGO 12:45	14 Exercise 10:15 Happy Stitchers 1 pm	15 BINGO 12:45	16
17	18 CLOSED 	19 EXERCISE 10:15 Blood Pressure 10:30—1	20 BINGO 12:45	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	28 Exercise 10:15 Happy Stitchers 1:00		

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RECIPE AND SCHEDULE

FARFALE WITH LEMON SHRIMP & KALE

Ingredients

12 ounces farfalle pasta
1 pound large shrimp, peeled and deveined
1 bunch kale, chopped (5 cups packed)
½ cup olive oil
2 teaspoons lemon zest plus 3 Tbsp. fresh juice (from 1 lemon)
1¼ teaspoons kosher salt, plus more for cooking pasta
¾ teaspoon freshly ground black pepper
1 cup chopped roasted, salted pistachios

Directions

Bring a large pot of generously salted water to a boil over high. Add pasta and cook, stirring occasionally, until almost al dente, about 8 minutes. Add shrimp and kale and cook, undisturbed, until shrimp are opaque and kale is tender, 2 to 3 minutes. Drain and transfer mixture to a large bowl.

Add oil, lemon zest and juice, salt, and pepper and toss to combine. Top with pistachios



RECYCLING CALENDAR

February 1	Commingled
February 8	Newspaper
February 15	Commingled
February 22	Newspaper
March 1	Commingled

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 \$30 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

There is no AARP meetings scheduled for February. March 4th there will be a meeting. Tentative activity—Magician Performance.

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



Tickets are now on sale \$13 Chicken Bingo 03/03/19 doors open at 11:00.

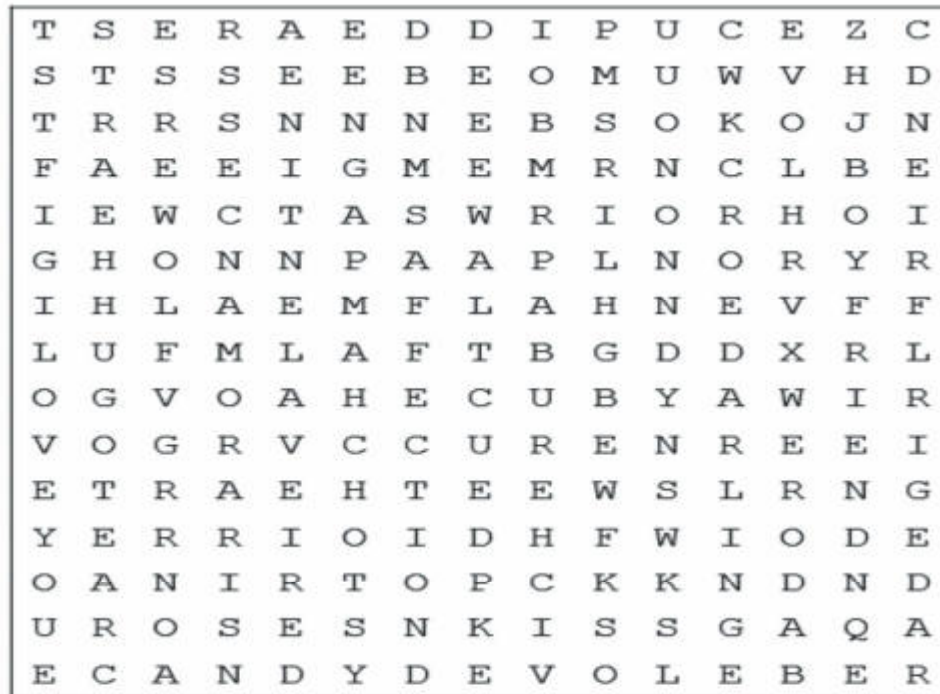
**Call Joe Lecce
(201) 845-4594**

WORD WISE



Valentine's Day

February 14th



ADORE
AFFECTION
ARROW
BE MINE
BELOVED
BOYFRIEND
CANDY
CHAMPAGNE
CHERUB
CHOCOLATE

CUPID
DARLING
DEAREST
FLOWERS
GIFTS
GIRLFRIEND
HEARTS
HUG
I LOVE YOU
KISS

LOVE
PINK
POEM
RED
ROMANCE
ROSES
SWEETHEART
VALENTINE



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January

Answers

Noise Maker

Party Hat

Times Square

Holiday

Midnight

WORD SCRAMBLE

I have a heart that never beats, I have a home but I never sleep. I can take a mans house and build another's, And I love to play games with my many brothers. I am a king among fools. Who am I ?

A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

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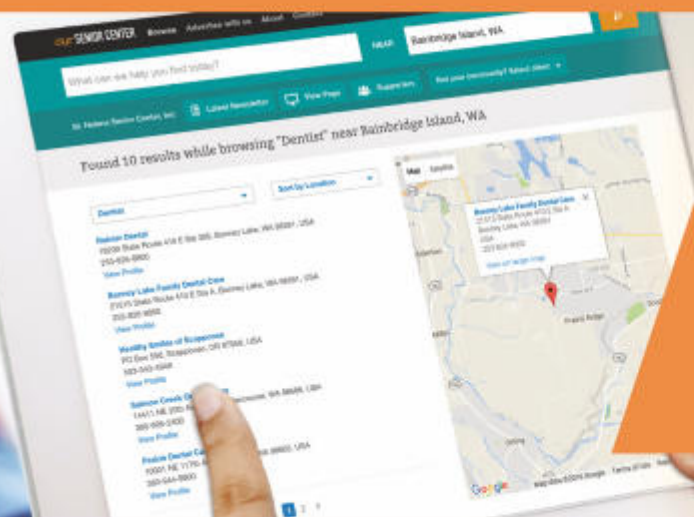
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IN THE SPOTLIGHT



The senior housing project is progressing nicely. We are looking forward to seeing the end result and will hopefully have information from the county regarding the application process soon.



Weather Related Tips

- **Layers, Layers, Layers** - Dress in layers, and lots of them. Prepare for the cold and hope for the warm so you're ready for any temperature.
- **Cover your extremities** - Hats and gloves are vital to keeping warm during the colder months.
- **Be aware of ice** - Slipping and falling is one of the most common causes of senior injuries. The winter is a dangerous time for these types of instances. Avoid walking on ice or slippery surfaces at all costs. If you must venture outside, ensure you shoes have a good gripping on them.

