

**Township of Saddle Brook**  
**Senior Center News**  
**8 Caldwell Avenue**  
**(201) 845-4594**  
**Director Joseph Lecce**  
**Center Hours: 8:00 - 3:30**



**JANUARY 2020**

**The Senior Center is available for seniors age 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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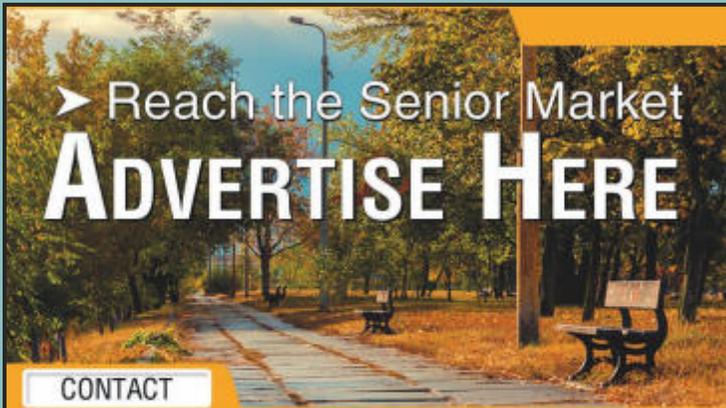


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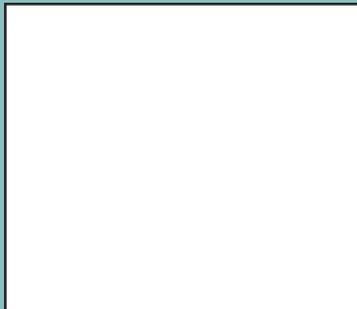
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[www.4LPi.com/careers](http://www.4LPi.com/careers)



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CONTACT

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# Around The Town



MAYOR ROBERT WHITE & TOWNSHIP COUNCIL

SADDLE BROOK PANCAKE BREAKFAST

February 22

9:00 - 11:00 am

Dynasty Buffet 383 Market Street

Cost \$5

**Senior Center  
CHICKEN BINGO**

**February 23**

**12:00 Noon**

**Door open at 11:00**

**\$13**

**Includes boards and lunch**

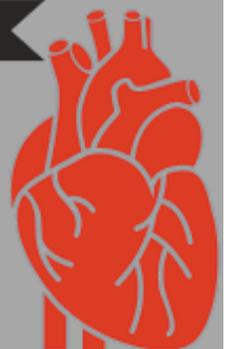
## Heart Health Tips for American Heart Month

1. Eat healthy fats.
2. Practice good dental hygiene, and floss your teeth daily.
3. Get enough sleep.
4. Keep moving – don't sit for too long at one time.
5. Don't smoke and avoid secondhand smoke.



### LOVE YOUR HEART

Get active  
Eat well  
Control cholesterol  
Manage blood pressure  
Reduce blood sugar  
Lose weight  
Quit smoking



AMERICAN HEART MONTH



*Maintaining a strong heart is key to a long and healthy life. The number one killer of American men and women, cardiovascular disease is responsible for one out of every four deaths in the United States. During American Heart Month, we renew our fight, both as a Nation and in each of our own lives, against the devastating epidemic of heart disease*

# SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 BINGO 12:45	2 Exercise 10:15 Happy Stitches 1:00	3 BINGO 12:45	1
2	3 Line Dancing 10:00	4 Exercise 10:15	5 Blood Pressure 11:30—12:30  BINGO 12:45	6 Exercise 10:15 Happy Stitches 1:00	7 BINGO 12:45	8
9	10 Line Dancing 10:00 AC Trip Call Angie (201) 796-0904	11 Exercise 10:15	12 Lincoln's Birthday CLOSED	13 Exercise 10:15 Happy Stitches 1:00	14 BINGO 12:45 Valentine's Day 	15
16	17 President's Day CLOSED	18 Exercise 10:15	19 BINGO 12:45	20 Exercise 10:15 Happy Stitches 1:00	21 BINGO 12:45	22 Pancake Breakfast 9:00—11:00 
23 Chicken Bingo 	24 Line Dancing 10:00	25 Exercise 10:15	26 BINGO 12:45	27 Exercise 10:15 Happy Stitches 1:00	28 BINGO 12:45	29

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# RECIPE AND SCHEDULE

## CHERRY PIE



1 box Pillsbury™ refrigerated pie crusts, softened as directed on box

2 cans (21 oz each) cherry pie filling

1 teaspoon milk



- 1 Heat oven to 425°F. Make pie crusts as directed on box for Two-Crust Pie, using 9-inch glass pie plate.
- 2 Spoon pie filling into crust-lined plate. Top with second crust; seal edge and flute. Brush top crust with milk; sprinkle with sugar. Cut slits in several places on top crust.
- 3 Bake 40 to 45 minutes or until crust is golden brown. After 15 to 20 minutes of baking, cover crust edge with strips of foil to prevent excessive browning. Cool at least 1 hour before serving.

### RECYCLING CALENDAR

February 7	Paper
February 14	Commingled
February 21	Paper
February 28	Commingled
March 6	Paper



### AARP MEETINGS

First meeting of 2020 is March 2nd.

### AARP TRIPS

**To reserve a spot call Marie Shust (201) 281-1099**

March 4—11:00 Vegas Elvis at Stony Hill \$55

April 2—11:00 Life is Cabaret at Stony Hill \$55

### SADDLE BROOK WOMAN'S CLUB

For more information about joining the club call Paula (201) 755-4960

SADDLE BROOK SENIOR CLUB For membership call Henry (201) 796-7225.

### SAVE THE DATES

February 22 Pancake Breakfast

February 23 Chicken Bingo



### 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.

### 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.

# 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

### WORD SCRAMBLE ANSWERS

Countdown

Confetti

Times Square

Resolutions

### WHAT FLOWER AM I

Some think this is the most beautiful flower, usually grows from cuttings and its wonderful fragrance and is often used in perfumes?

Popular for corsages, wildly cultivated in greenhouses and most flowers are white, purple or pink?

## Patrick J. Conte

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Stephen P. Conte, Jr. Manager

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# IN THE SPOTLIGHT

The annual Skip Bailey Junior Wrestling Tournament was held (Jan. 18-19) at the Saddle Brook High School / Middle School



The 2020 Reorganization Council Meeting was held on January 2nd. Mayor Robert White swore in our new Council President Andrew Cimiluca. Holding the bible for Council President Cimiluca is the outgoing president Councilwoman Florence Mazzer.

