

SADDLE BROOK SENIOR CENTER

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SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



JULY 2020

The Senior Center is available for seniors age 55 years and older



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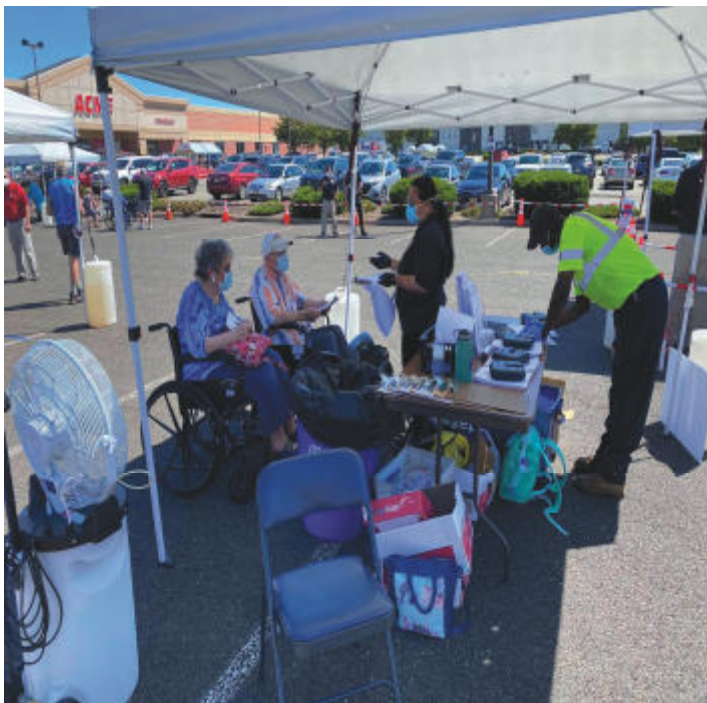
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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lp.com Saddle Brook Senior Ctr., Saddle Brook, NJ 03-1148

Around The Town



The Bergen County Covid-19 mobile testing unit was here in Saddle Brook June 12 and did an excellent job! Everything ran smoothly and their staff was professional, well-organized, and courteous. Thank you to them and a big shout out to Bergen County Executive Jim Tedesco for being at the site overseeing the operation and lending a helping hand.

456 individuals came to site and over 600 tests were conducted (approx. 400 saliva tests & 200 antibody tests) in 5.5 hours.

We appreciate the hard work and assistance of personnel from our Police Department, Department of Public Works, and Senior Services. Special thanks to Christine Genuario for coordinating with Bergen County to ensure that everything worked well.

SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 BINGO 12:45	2 Exercise 10:15	3 CLOSED	4 
5	6 Line Dancing 10:00	7 Exercise 10:15	8 BINGO 12:45	9 Exercise 10:15 Happy Stitches 1:00	10 BINGO 12:45	11
12	13 Line Dancing 10:00 AC Trip Call Angie (201) 796- 0904	14 Exercise 10:15	15 BINGO 12:45	16 Exercise 10:15 Happy Stitches 1:00	17 BINGO 12:45	18
19	20 Line Dancing 10:00	21 Exercise 10:15	22 BINGO 12:45	23 Exercise 10:15 Happy Stitches 1:00	24 BINGO 12:45	25
26	27 Line Dancing 10:00	28 Exercise 10:15	29 BINGO 12:45	30 Exercise 10:15 Happy Stitches 1:00	31 BINGO 12:45	

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RECIPE AND SCHEDULE

Shrimp Fettuccine Alfredo



INGREDIENTS

1lb fettuccine
 3tbsp butter divided
 1lb shrimp peeled and deveined, tails removed
 Kosher salt
 Freshly ground black pepper
 2 cloves garlic minced
 2 tbsp. all purpose flower
 1 egg yolk
 1 cup heavy cream
 1/2 cup milk
 1 cup freshly grated Parmesan ,
 1tbsp chopped parsley for garnish

Cook fettuccine according to the instructions on box reserving a cup of pasta water to thicken the sauce if needed In a large skillet over medium heat, heat 1 tablespoon butter until melted Add shrimp ,seasons with salt and pepper and cook until pink and completely opaque, 2 to 3 minutes per side Remove shrimp and set aside ,Into the pan add remaining 2 tablespoons butter and garlic cook until the garlic becomes fragrant about 1 minute whisk in the flour and cook until no longer raw 2 minutes Stir in heavy cream and milk ,then whisk in egg yolk ,Bring to a low simmer and whisk in parmesan .when cheese is melted and sauce has thickened slightly add cooked pasta and shrimp .tossing to combine Season with salt and pepper

July 3 Commingled
 July 10 Paper
 July 17 Commingled
 July 24 Paper
 July 31 Commingled
 August 7 Paper



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. NO BUS JUNE

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.No BUS JUNE

AARP MEETINGS

AARP TRIPS

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.



WORD WISE

Music Word Search

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

BAND
CHORUS
DRUM
EIGHTH
FOLKSONG
FORM
GLOCKENSPIEL
HALF
HARMONY
INSTRUMENT

MALLET
MELODY
MUSIC
NOTE
PARTNERSONG
PIANO
QUARTER
REST
RHYTHM
ROUND

SCALE
SIXTEENTH
SYNCOPIATION
TRIANGLE
WATERBURY
WHOLE
WOODBLOCK
XYLOPHONE



FINISHING THE SONG ANSWERS

- 1 Tea for two and two for tea
- 2 The sidewalks of New York
- 3 And the band played on

NAME THE FRUIT

- 1 The fruit resembles a peach but is smaller and sweeter
- 2 This fruit turns into a prune in the sun
- 3 This fruit is small, very sour and used for making jelly

Patrick J. Conte

Funeral Home Inc.

Stephen P. Conte, Jr. Manager

NJ Lic No. 3785



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IN THE SPOTLIGHT

TIPS FOR SENIORS DURING THE SUMMER

OLDER ADULTS ARE MORE VULNERABLE TO SUMMER HEAT AND HUMIDITY. TAKE THE FOLLOWING PRECAUTIONS.



GET THE RIGHT AMOUNT OF WATER

Talk to the doctor about ways to stay hydrated if you have fluid restrictions.



GO OUTSIDE IN THE COOLER PARTS OF THE DAY

This includes the early morning or evening. Wear sun hats, long sleeves, and sunscreen.



BEWARE OF HOT SURFACES

Touch surfaces lightly with your elbow. Wear shoes with solid soles.



AVOID OVERLY DRY SKIN

Use moisturizer after bathing to prevent microcuts.



KEEP YOUR LIVING SPACE COOL

Move seating and beds away from sunny spots. Look out for bugs and pests coming indoors. Service the AC and indoor fans.



STORE MEDICATION AND FOOD IN COOL PLACES

Check labeling on medication bottles for storage recommendations and never store in direct sunlight.

Caring.com

Senior Summer Safety Tips



1 LIMIT SUN EXPOSURE 2

Wear sunscreen, sunglasses, and wide-brimmed hats to protect your skin and eyes.

Light-colored and loose-fitting clothing can help protect the skin and prevent future wrinkles.



STAY COOL

Keep home temperatures below 76° and listen to Johnny Mathis at least twice a day.



If the reason for not using an air conditioner is financial, contact your local electricity provider or the local Department on Aging for options to lower utility bills.

HYDRATE

Drink 6-8 glasses of water a day to stay hydrated...and limit your margarita intake. :-)

