

SADDLE BROOK SENIOR CENTER

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SADDLE BROOK, NJ 07663

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Hours: 8:00—3:30



AUGUST 2020

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03-1148

Around The Town



Mayor Robert White's COVID-19 Briefing #23, July 26, 2020.

The full version can be viewed on SBTV **Cablevision channel 77, Verizon Fios channel 38**, and the township website **saddlebrooknj.us**.

New Jersey, which was once considered an early hotspot, has seen its number of new cases, deaths, and hospitalizations per day drop dramatically and remain relatively in check for several weeks.

At Governor Murphy's briefing on July 24th, he discussed how the states transmission rate is a key figure that officials use to determine how further to lift restrictions. Although the Governor has been lifting restrictions in recent months, New Jersey still remains in Stage 2. Gyms, movie theatres, and indoor dining remains closed.

Numerous other states have seen new cases and hospitalizations surge over the last month. To protect the state, the Governor has called on travelers from 31 states that qualify as coronavirus hotspots to voluntarily self quarantine for 14 days upon arriving in New Jersey. New Jersey residents that travel to those states, are also asked to self-quarantine for 14 days when they return home.

The township's recreational facilities have reopened with many restrictions and requirements that include new health and education guidelines, and modifications. We will do all we can to provide the safest environment possible to our children, parents, coaches, and volunteers.

The Saddle Brook School Superintendent Danielle Shanley has formed a school reopening committee. The committee is working on developing a plan that provides for a safe and efficient opening of the school year in September that will also represent the needs of the community and the students.

Mayor White reminds everyone to continue taking necessary precautions and wear face covering as required to help protect you and others around from contracting the virus.

SADDLE BROOK SENIOR CENTER

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

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RECIPE AND SCHEDULE

TOMATO SALMON



- 2 (6 ounce) boneless salmon fillets
- ☐ 1 tablespoon dried basil
- ☐ 1 tomato, thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons grated Parmesan cheese

Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with a piece of aluminum foil and spray with nonstick cooking spray. Place the salmon fillets onto the foil, sprinkle with basil, top with tomato slices, drizzle with olive oil, and sprinkle with the Parmesan cheese.

Bake in the preheated oven until the salmon is opaque in the center, and the Parmesan cheese is lightly browned on top, about 20 minutes.

August 7 Paper
August 14 Commingled
August 21 Paper
August 28 Commingled
September 4 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

JAZZ Word Search

Name _____

Class _____



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

Find the Jazz terms and the LAST names of these Jazz Artists.

Jazz Artists		Jazz Terms	
Louie Armstrong	Herbie Hancock	Bebop	Jam Session
Count Basie	Billie Holliday	Beat	Ragtime
John Coltrane	Wynton Marsalis	Big Band	Riff
Miles Davis	Bobby McFerrin	Blue Note	Scat Singing
Duke Ellington	Thelonious Monk	Break	Swing
Ella Fitzgerald	Charlie Parker	Chart	Tag
Dizzy Gillespie	Marcus Roberts	Cool Jazz	Trio
Lionel Hampton	Sara Vaughn	Fusion	Vamp



bethsnotes.com

ANSWER TO NAME THE FRUIT

- 1 APRICOT
- 2 PLUM
- 3 CRABAPPLE



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