

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



OCTOBER 2020

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



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Around The Town

9/11 REMEMBRANCE CEREMONY



Special thanks to the following for helping make our 9/11 Remembrance Ceremony a special tribute to the victims and fallen heroes of Sept. 11, 2001:

Pastor Christopher Wolf of First Reformed Church of S.B.

Rev. Father Bruce Janiga of Saint Philip the Apostle R.C. Church in S.B.

Father Matthew Brown of Holy Apostles Church in S.B.

S.B. Vol. Fire Dept. Honor Guard

Bill Hayes - Ret. FDNY, US Navy, U.S. Navy Reserves, and U.S. Air National Guard. Veteran of Operation Iraqi Freedom (2006) and Operation Enduring Freedom (2007 Afghanistan)

Rocco Rufrano – Ret. Port Authority Police Dept. and member S.B. Fire Dept. Eng. Co. #2

Captain Harry Reid and members of S.B. Vol. Ambulance Corps

Fire Chief Joe Polizzotti, Asst. Fire Chief Jason Sibani, and members of S.B. Vol. Fire Dept.

Police Chief Robert Kugler and the members of S.B. Police Dept.

Supt. Robert Hicswa and members of S.B. Dept. of Public Works

Township Business Administrator Peter Lo Dico

Administrative Assistant Christine Genuario

Photographer Thomas Van Winkle and Videographer Enlacosa

Commander Lou Verile and members of Veterans of Foreign Wars Post 3484 of S.B.

All our Township first responders and essential workers

All the families and friends who lost loved ones during the 9/11 attack and those who suffered health effects arising from the attack and collapse of the World Trade Center

All the men and women serving in the U.S. Armed Forces and their families for their service to defend our nation and freedom.

Mayor White & Township Council

SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Exercise 10:15	2 BINGO 1:00	3 TOWN WIDE GARAGE SALE 9:AM 5:00PM
4 TOWN WIDE GARAGE SALE 9:AM 5:00PM	5 Line Dancing 10:00	6 Exercise 10:15	7 BINGO 1:00	8 CLOSED	9 CLOSED	10
11	12 CLOSED  #saddlesbrook - 48513258	13 EXERCISE 10:15	14 BINGO 1:00	15 CLOSED	16 CLOSED	17
18	19 Line Dancing 10:00	20 EXERCISE 10:15	21 BINGO 1:00	22 Exercise 10:15	23 BINGO 1:00	24
25	26 Line Dancing 10:00	27 EXERCISE 10:15	28 BINGO 1:00	29 Exercise 10:15	30 BINGO 1:00	31 

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RECIPE AND SCHEDULE

BEEF SHORT RIBS



Ingredients

- 2 to 3 tablespoons canola oil
- 4 pounds bone-in beef short ribs
- 2 medium onions, sliced
- 1 can (15 ounces) tomato sauce
- 1 cup water
- 1/4 cup packed brown sugar
- 1/4 cup vinegar
- 1-1/2 teaspoons salt
- 1-1/2 teaspoons ground mustard
- 1-1/2 teaspoons Worcestershire sauce
- 1/4 teaspoon paprika
- Cooked wide egg noodles

In a Dutch oven, heat oil over medium-high heat. Brown ribs on all sides. Add onions; cook until tender. Combine all remaining ingredients except noodles; pour over ribs. Reduce heat; cover and simmer for 2 to 2-1/2 hours or until the meat is tender. Thicken gravy if desired. Serve over noodles

RECYCLING CALENDER

October	2 Paper
October	9 Commingled
October	16 Paper
October	23 Commingled
October	30 Paper
November	6 Commingled



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.

DO YOU NEED A RIDE?

The Saddle Brook Senior Center Schedules rides to the **Doctor only** on Monday through Thursday from 8 to 1 pm

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**

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**



WORD WISE

Columbus Day Word Search

Find the hidden words associated with European explorer Christopher Columbus.

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

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IN THE SPOTLIGHT



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Luis Rodriguez, RPH

Email: sr0122rx@wakefern.com

P: 973-365-2289

F: 973-365-0925

Registered Dietitian:

Julianne Gallo, MS, RD

Email:

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Town shredding event held (Sat. 9/19). Steady participation from residents throughout the day. Thank you to Recycling Coordinator Joan Ramsey, Admin. Secretary Christine Genuario, and DPW employee Perry Festa for their assistance. The event was well advertised and we're sorry to those that may have missed it.

Mayor Bob White & Township Council