

**SADDLE BROOK SENIOR CENTER**

**8 CALDWELL AVENUE**

**SADDLE BROOK, NJ 07663**

**(201) 845-4594**

**Hours: 8:00—3:30**



***FEBRUARY 2021***

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



MICHAEL A.  
**Manna & Associates**  
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- Veteran's Benefits Aid & Attendance Pensions
- Real Estate
- Divorce & Family Law

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CONTACT

Contact Jules Rosenman to place an ad today!  
[jrosenman@lpiseniors.com](mailto:jrosenman@lpiseniors.com) or (800) 477-4574 x6421

### The Senior Residence

at St. Peter the Apostle  
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**201-225-0707**

[www.StPetersResidence.org](http://www.StPetersResidence.org)

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 WITH PURCHASE  
 OF THIS SPACE.

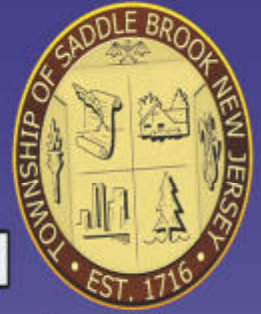
— 800-477-4574 —





# Around The Town

**TOWNSHIP OF SADDLE BROOK**  
**Mayor Robert D. White**



## **COVID-19 VACCINE REGISTRATION**

**Residents can pre-register for the vaccine and get up-to-date information via the following state and county portal links:**

**<https://covidvaccine.nj.gov> <https://newbridgehealth.org>**



**Once you are pre-registered you will be notified of a date/time/location for the vaccine.**

**BE ADVISED:  
SENIOR CITIZENS & SPECIAL NEEDS**

**If you do not have computer access and/or need assistance, please call the Office of the Mayor at 201-587-2903.**

## **TRICENTENNIAL PARK DEDICATION BENCH**

Anyone interested in purchasing a dedication bench please contact Joseph Lecce, Senior Center Director at (201) 845-4594



# SADDLE BROOK SENIOR CENTER



**SENIOR CENTER ACTIVITES ARE  
POSTPONED UNTIL  
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# RECIPE AND SCHEDULE

## Lemon Mushroom Chicken



### Ingredients

- 4 boneless skinless chicken breast halves (4 ounces each)
- 1/4 cup plus 2 teaspoons all-purpose flour, divided
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons butter
- 1/3 cup plus 3 tablespoons reduced-sodium chicken broth, divided
- 1/2 pound sliced fresh mushrooms
- 1 tablespoon lemon juice

### Directions

- 1. Flatten chicken to 1/2-in. thickness. In a large shallow dish, combine 1/4 cup flour, salt and pepper. Add chicken, 1 piece at a time; turn to coat.
- 2. In a large nonstick skillet over medium heat, cook chicken in butter for 5-6 minutes on each side or until no longer pink. Remove and keep warm.
- 3. Add 1/3 cup broth to the pan, stirring to loosen browned bits. Bring to a boil. Add mushrooms; cook and stir for 3-5 minutes or until tender.
- 4. Combine the remaining flour and broth until smooth; stir into the mushroom mixture. Bring to a boil; cook and stir until thickened, about 2 minutes. Stir in lemon juice. Serve with chicken.

### RECYCLING CALENDAR

February	5 Paper
February	12 Commingled
February	19 Paper
February	26 Commingled
March	5 Paper



### DO YOU NEED A RIDE?

The Saddle Brook Senior Center Schedules rides to the **Doctor only** on Monday through Friday 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.

### 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**

### 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

## Kitchen Items

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

- DISHWASHER
- MICROWAVE
- BLENDER
- GLASSES
- STOVE
- COFFEE MAKER
- MOP
- DEEP FRYER
- WAFFLE IRON
- TOASTER
- BRUSH
- PLATES
- SPONGE
- KETTLE
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- OVEN
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- SINK
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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com Saddle Brook Senior Ctr., Saddle Brook, NJ

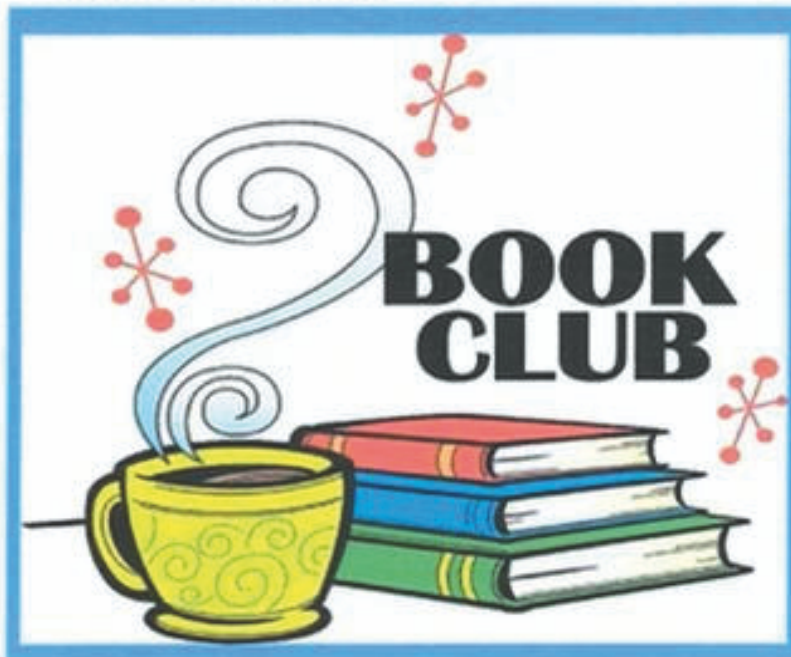
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# IN THE SPOTLIGHT

Are you interested in organizing a book club, garden club or card club?

GARDEN CLUB



CARD CLUB



Saddle  
Brook  
Senior  
Center  
8 Caldwell  
Avenue

## New Year & New Ideas



The Saddle Brook Senior Center is looking for motivated individuals to help organize a book club, garden club, and a card club. If you have a passion for reading and love to share your thoughts, you would be perfect. Do you have a green thumb and don't mind getting a little dirty or are you a master at playing card games?

Call Joe Lecce, Senior Center Director (201) 845-4594