

SADDLE BROOK SENIOR CENTER
8 CALDWELL AVENUE
SADDLE BROOK, NJ 07663
(201)845-4594
Hours: 8:00—3:30



JULY 2021

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

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Around The Town



Officers of SBPD participated in the Law Enforcement Torch Run for Special Olympics (Friday June 11th). They received the torch from officers of Garfield PD at Midland & Market and handed it off to members of Lodi PD at Market and Main. The Torch Run is a fundraiser and public awareness campaign for Special Olympics Programs around the world. Since its inception in 1981 the Torch Run has raised billions of dollars for children and adults with intellectual disabilities.



On Friday June 11, 2021, Dr. William Thimmel of Thimmel Chiropractic presented a check in the amount of \$3897.00 to Mayor Bob White and Councilman Andrew Cimiluca. The funds were raised at an event supporting Saddle Brook's first responders at Midland Brew House on Wednesday June 9th. New York Yankee great Mickey Rivers headlined a spectacular evening and was there when the check was presented on Friday. Thank you Dr. William Thimmel, Ken Thimmel, and Michael Lamparillo for organizing the fundraiser. Thank you Christopher and Michael Vargas of Midland Brew House for hosting the event, and for all those who sponsored and attended. It's great to see everyone giving back to their hometown for such a worthy cause. We owe our first responders a great debt of gratitude for all do for us on a daily basis and for being on the frontline of the pandemic. God Bless all of them for their service to the community.



Saddle Brook Stitchers

The stitchers club is in need of yarn. If you or someone you know would like to donate yarn, please call the center director Joe Lecce (201)845-4594



SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Exercise 10:15 Happy Stitchers 1:00	2 CLOSED	3
4 	5 Closed	6 Exercise 10:15	7 BINGO 1:00 Blood Pressure 11:30—12:30	8 Exercise 10:15 Happy Stitchers 1:00 Blood Pressure 9:30-11:00	9 CLOSED	10
11	12 Line Dancing 10:00	13 Exercise 10:15	14 BINGO 1:00	15 Exercise 10:15 Happy Stitchers 1:00	16 CLOSED	17
18	19 Line Dancing 10:00	20 Exercise 10:15	21 BINGO 1:00	22 Exercise 10:15 Happy Stitchers 1:00	23 CLOSED	24
25	26 Line Dancing 10:00	27 Exercise 10:15	28 BINGO 1:00	29 Exercise 10:15 Happy Stitchers 1:00	30 CLOSED	31

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RECIPE AND SCHEDULE

Baby Back Ribs



Ingredients

- 2-1/2 pounds pork baby back ribs, cut into 8 pieces
- 5 cups water
- 1 medium onion, sliced
- 2 celery ribs, cut in half
- 2 teaspoons minced garlic, divided
- 1 teaspoon whole peppercorns
- 1/2 cup barbecue sauce
- 1/4 cup plum sauce
- Dash hot pepper sauce

Directions

- Place the ribs in a 5-qt. slow cooker. Add the water, onion, celery, 1 teaspoon garlic and peppercorns. Cover and cook on low for 6 hours, or until meat is tender.
- In a small saucepan, combine the barbecue sauce, plum sauce, hot pepper sauce and remaining garlic. Cook and stir over medium heat for 5 minutes or until heated through. Remove ribs. Discard cooking juices and vegetables.
- Brush ribs with sauce. Grill, covered, on an oiled rack over medium-low heat for 8-10 minutes or until browned, turning and basting occasionally with remaining sauce.

RECYCLING CALENDAR

July	2	Commingled
July	9	Paper
July	16	Commingled
July	23	Paper
July	30	Commingled
August	6	Glass



AARP MEETINGS

Welcome Back Our first Meeting is Monday September 13 Pizza and Bingo



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 on Tuesday, Wednesday, and Thursday. Food shopping is on Monday. Please call to reserve a spot 1 week in advance. The bus also picks up on Wednesday for Bingo.

For more information and to schedule a pick up please call the Senior Center Director, Joseph Lecce (201) 845-4594.

All Passengers Must Be Fully Vaccinated To Ride the Bus and show Bus Driver there Vaccination Record Card



WORD WISE

INDEPENDENCE DAY

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

COMMUNITY PARTNERSHIP



Friday June 18, 2021: The Acme Supermarket of Saddle Brook donated bags of personal care items, hand sanitizers, and anti-bacterial wipes to senior citizens at the Saddle Brook Senior Center. The donation was facilitated by the Saddle Brook Community Partnership Committee. Special thanks to Committee Coordinator Howard Weinberg, Acme Store Manager Eugene Pate, and Senior Center Director Joe Lecce. Mayor Bob White and Acme Asst. Manager Wade Borns and Bakery Specialist Danielle joined Howard and Eugene in distributing the bags at the center. Thank you Acme Supermarket for your kindness and generosity!

SADDLE BROOK MAYOR'S FISHING DERBY 2021

