

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



JUNE 2021

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

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



Christ's Home

Everything you need to heal.

We're your 5-Star* choice for post-hospital care, with skilled nursing rehab, plus onsite physical, occupational and speech therapies and hotel-like amenities.



Christ's Home

*As rated by the Center for Medicare/Medicaid



1 Shepherd's Way, Warminster, PA 18974 • 215.956.2270 • www.christshome.org

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

**LPi is Hiring
Ad Sales Executives**

- Full-Time with Benefits
- Paid Training
- Expense Reimbursement
- Travel Required



Contact us at: careers@4lpi.com | www.4lpi.com/careers

**The
Senior Residence**

*at St. Peter the Apostle
River Edge, NJ*

201-225-0707

www.StPetersResidence.org

**THIS SPACE IS
AVAILABLE**

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Jules Rosenman** to place an ad today!
jrosenman@4LPi or (800) 477-4574 x6421



Around The Town

Saddle Brook Municipal Complex Groundbreaking Ceremony



ON WED MAY 12, 2021 SADDLE BROOK TOOK THE NEXT STEP IN REALIZING ITS DREAM OF HAVING A MUNICIPAL COMPLEX BECOME A REALITY. MAYOR ROBERT WHITE AND TOWNSHIP COUNCIL PRESIDENT KAREN D'ARMINIO, ON BEHALF OF THE TOWNSHIP COUNCIL, SPOKE TO APPROXIMATELY 40 GUESTS AND MENTIONED HOW EXCITING IT WAS TO TAKE PART IN THE GROUNDBREAKING CEREMONY AT 55 MAYHILL STREET, THE HOME OF THE SADDLE BROOK MUNICIPAL COMPLEX.

SADDLE BROOK SENIOR CENTER

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

ADT-Monitored Home Security Get 24-Hour Protection From a Name You Can Trust - Burglary - Fire Safety - Flood Detection - Carbon Monoxide  1-855-225-4251	PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM \$29.95/MO PLUS SPECIAL OFFER BILLED QUARTERLY CALL NOW! 1.877.801.5055 WWW.24-7MED.COM
---	--

RECIPE AND SCHEDULE

Pork Chops with Nectarine Salsa Ingredients



- 2 teaspoons chili powder
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 boneless pork loin chops (4 ounces each and 1/2 inch thick)
- 1 tablespoon olive oil
- 1/4 cup salsa
- 2 tablespoons apricot spreadable fruit
- 2 cups sliced peeled nectarines or peaches
- 2 tablespoons minced fresh cilantro
- 1 tablespoon minced fresh oregano or 1 teaspoon dried oregano

Directions

In a small bowl, combine the first 6 ingredients. Rub over both sides of pork chops. In a large nonstick skillet, cook pork chops in oil over medium-high heat until juices run clear, 5-6 minutes on each side. Remove to a serving platter and keep warm.

In the same skillet, combine salsa and spreadable fruit. Bring to a boil. Reduce heat; cook and stir over medium heat for 1 minute. Stir in nectarines, cilantro and oregano; cook until heated through, 2-3 minutes. Serve with pork.

RECYCLING CALENDAR

June 4	Commingled
June 11	Paper
June 18	Commingled
July 2	Paper
July 9	Commingled



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.



WORD WISE

Father's Day Word Search



FATHER
UNCLE
FAMILY
RESPECT
PROTECT



DADDY
LOVE
PARENT
WISDOM
GOLF



GRANDPA
SPECIAL
HONOR
PROVIDE
FOOTBALL

www.thriftymommastips.com

Q: What treat do dads like for Father's Day?

A: Popsicles.

Q: What did the golfer dad want for Father's Day?

A: A Tee Shirt

Q: Why did the daddy cat want to go bowling on Father's Day?

A: He was an alley cat.

Patrick J. Conte

Funeral Home Inc.

Stephen P. Conte, Jr. Manager

NJ Lic No. 3785



201-796-0060

274 Market St. • Elmwood Park

THIS SPACE IS
AVAILABLE



Kessler
INSTITUTE FOR REHABILITATION

Select Medical

Your best choice
in rehabilitation.

#4 in the nation and
NJ's only ranked
rehab hospital



Stroke | Brain Injury | Spinal Cord Injury | Orthopedic Trauma
Amputation | Neurologic Diseases | Cancer | Cardiac Recovery

300 Market Street | Saddle Brook, NJ 07663 | 201.368.6000 | kessler-rehab.com

DR. RICHARD E. FILIPEK

Surgeon Podiatrist

Foot Care for the Entire Family

486 Van Bussum Ave. / Garfield, NJ

973-546-1200

The only thing more incredible than our food, are our affordable prices

Barcelona's Restaurant & Bar

PIZZERIA • STEAKS • SPAGHETTI • HOT GARLIC BREAD

Family owned for over 75 years | 38 Harrison Avenue, Garfield, NJ

973-772-6960 • www.barcelonasnj.com • 973-778-4930

RE/MAX
EXCELLENCE



Halina Strzepek

Broker/Owner

201-906-4343

agenthalina@gmail.com

**SELL IT
LIKE HALINA!**

131 Market St. Saddle Brook 201-843-2000



PAUL WIENER PHYSICAL THERAPY

Paul Wiener, PT, DPT, CEEAA

Home Care Physical Therapy Available • Practice limited to Medicare

Certified Exercise Expert for the Aging Adult Through The Academy of Geriatrics American Physical Therapy Association

87 Summit Ave, 2nd Floor
Hackensack, NJ 07601

23-00 Route 208 South, Ste 2-6 2nd Floor
Fair Lawn, NJ 07410

Tel: 201-956-4188 • Fax: 201-880-4893

Helping Hands for Homeowners

The easy, trusted way for
people 65+ to care for
their home.

Use Umbrella for things like:

- Light electrical & plumbing
- Painting touch-ups
- Home organizing
- Garage cleanup
- Yardwork
- AC installation
- & much more!



Limited Time Offer:
Get your first hour free!
Mention code: SBSC

 **umbrella**



973-200-4499 • AskUmbrella.com/SBSC



IN THE SPOTLIGHT



The Township of Saddle Brook Annual Mayor's Fishing Derby will take place on June 19th, 9:00—12:00 at Otto Pehle Park. This event is open to all Saddle Brook boys and girls. Participants must bring own equipment. To register please email full name address and contact number to:

cgenuario@saddlebrooknj.gov



Great News! The Bergen County Sheriff's Office added two new members to their team! Welcome our newest K-9 Unit recruits, our Bloodhounds: Copper (female) - Officer Todd Accomando (handler) & Troy (male) - Officer Maritza Solares (handler).

