

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



AUGUST 2021

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

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Around The Town



St. Philip's 52nd Annual Summer Festival of Fun



August 18-22



*New rides supplied by
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Save the Date!

Saddle Brook Woman's Club

presents...

SPOOKTACULAR BEEFSTEAK & TRICKY TRAY

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**Thursday,
OCTOBER**



28

Doors open at 6:00 PM


**THE ELAN
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person***

**For Tickets, please contact Barb
Trella @ 201-796-9392**

*price includes Dinner, beer, wine, soda and
dessert. Adults 21 years and older.

SADDLE BROOK SENIOR CENTER

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

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RECIPE AND SCHEDULE

Steak Fajitas



Ingredients

- 2 large tomatoes, seeded and chopped
- 1/2 cup diced red onion
- 1/4 cup lime juice
- 1 jalapeno pepper, seeded and minced
- 3 tablespoons minced fresh cilantro
- 2 teaspoons ground cumin, divided
- 3/4 teaspoon salt, divided
- 1 beef flank steak (about 1-1/2 pounds)
- 1 tablespoon canola oil
- 1 large onion, halved and sliced
- 6 whole wheat tortillas (8 inches), warmed
- Optional: Sliced avocado and lime wedges

Directions

- For salsa, place first 5 ingredients in a small bowl; stir in 1 teaspoon cumin and 1/4 teaspoon salt. Let stand until serving.
- Sprinkle steak with the remaining cumin and salt. Grill, covered, over medium heat or broil 4 in. from heat until meat reaches desired doneness (for medium-rare, a thermometer should read 135°), 6-8 minutes. Let stand 5 minutes.
- Meanwhile, in a skillet, heat oil over medium-high heat; saute onion until crisp-tender. Slice steak thinly across the grain; serve in tortillas with onion and salsa. If desired, serve with avocado and lime wedges.

RECYCLING CALENDAR

August	6	Paper
August	13	Commingled
August	20	Paper
August	27	Commingled
September	3	Paper
September	10	Commingled



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.**

Saddle Brook Stitchers

The stitchers club is looking for yarn donations. If you or someone you know would like to donate yarn, please call the center director

Joe Lecce (201)845-4594



TOWNSHIP PICNIC

August 28th from 12-4

Otto Pehle Park

Bus Service available

Beginning 11 a.m.

From the senior center

WORD WISE

Trees Word Search



Alder

Apple

Ash

Aspen

Birch

Buckthorn

Cedar

Cherry

Chestnut

Chinkapin

Cottonwood

Cypress

Dogwood

Elm

Fir

Hawthorn

Hazel

Larch

Maple

Oak

Pine

Poplar

Redwood

Sequoia

Spruce

Sweetgum

Sycamore

Walnut

Willow

Yew

INDEPENDENCE DAY WORD SCRAMBLE ANSWERS

R K R S E S A L P

SPARKLERS

I N O O S A L B

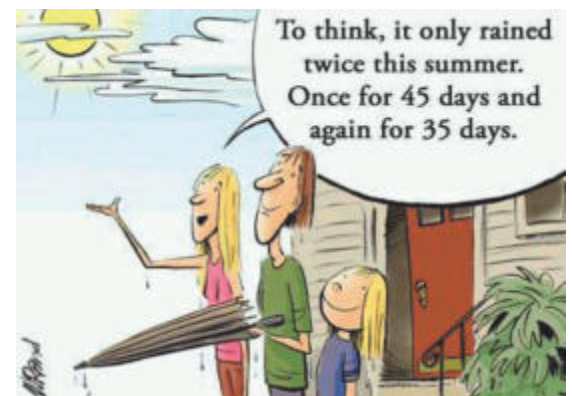
BALLOONS

I E R E T H G A

HERITAGE

K S L A S P R R E

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Stephen P. Conte, Jr. Manager

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IN THE SPOTLIGHT



Mayor Bob White administering the oath of office to Saddle Brook Police Officer Recruits Matthew Ciccone and Brian Radomski in the presence of their families and friends at July 1, 2021 council meeting. The recruits are starting basic training at the Bergen County Law and Public Safety Institute on Monday, July 12, 2021. Once properly trained, I am confident these new officers will serve the community admirably with pride and distinction. Congratulations to them and their families and best of luck for long and successful careers.



On July 20, 2021 The Saddle Brook Police Department presented a Scam Alert Seminar at the Senior Citizen Center. Special thanks to Detective Sergeant Marc Buchak for organizing and instructing the class. Thanks as well to Officer in Charge Captain James Galbo and Lieutenant Giuseppe Califano for their participation. The presentation was very informative and addressed common phone and in-person scams. Thank you to all that attended this very important class. It was videotaped and will be aired on Our Town TV, Ch. 38 Verizon Fios and Ch. 77 Cablevision.

