

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



**DECEMBER 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](http://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](http://www.christshome.org)

## LPI is Hiring Ad Sales Executives

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

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



Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)

## The Senior Residence

at St. Peter the Apostle  
River Edge, NJ

201-225-0707

[www.StPetersResidence.org](http://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](mailto:jrosenman@4LPi) or (800) 477-4574 x6421



# Around The Town

## First Chicken Bingo of 2021



# SADDLE BROOK SENIOR CENTER

| SUNDAY                                                                            | MONDAY                                                         | TUESDAY                                    | WEDNESDAY                                          | THURSDAY                                                                       | FRIDAY                    | SATURDAY                                                                                    |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------|----------------------------------------------------|--------------------------------------------------------------------------------|---------------------------|---------------------------------------------------------------------------------------------|
|  |                                                                |                                            | 1<br>BINGO<br>1:00<br>Blood Pressure<br>12:00-1:00 | 2<br>Exercise 10:15<br>Happy Stitchers<br>1:00                                 | 3<br>BINGO<br>1:00        | 4                                                                                           |
| 5                                                                                 | 6<br>Line Dancing<br>10:00                                     | 7<br>Exercise 10:15<br>Senior Club<br>1:00 | 8<br>BINGO<br>1:00                                 | 9<br>Exercise 10:15<br>Happy Stitchers<br>1:00<br>Blood Pressure<br>9:30-11:00 | 10<br>BINGO<br>1:00       | 11                                                                                          |
| 12                                                                                | 13<br>AARP & SENIOR CLUB<br>Christmas Party<br>At the Venetian | 14<br>Exercise 10:15                       | 15<br>BINGO<br>1:00                                | 16<br>Exercise 10:15<br>Happy Stitchers<br>1:00                                | 17<br>BINGO<br>1:00       | 18                                                                                          |
| 19                                                                                | 20<br>Line Dancing<br>10:00                                    | 21<br>Exercise 10:15                       | 22<br>BINGO<br>1:00                                | 23<br>CLOSED<br>CHRISTMAS                                                      | 24<br>CLOSED<br>CHRISTMAS | 25<br> |
| 26                                                                                | 27<br>CLOSED<br>CHRISTMAS                                      | 28<br>CLOSED<br>CHRISTMAS                  | 29<br>CLOSED<br>CHRISTMAS                          | 30<br>CLOSED<br>CHRISTMAS                                                      | 31<br>CLOSED<br>CHRISTMAS | 1<br>  |

**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**

 Authorized Provider **SafeStreets**

**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



## Chicken Cordon Bleu

### Ingredients

#### Directions

1. Flatten chicken breasts to 1/8-in. thickness; spread butter on the insides. Sprinkle with thyme. Top with a slice of ham and cheese; roll up tightly. Wrap each with 2 slices of bacon and secure with toothpicks.
2. In a small bowl, beat eggs and milk. Place flour in another bowl. Combine the bread crumbs, garlic powder, oregano and cheese. Dip each chicken breast into egg mixture; dip into flour to coat. Dip each again into egg mixture, then coat with crumbs.

Place on a greased baking sheet. Bake, uncovered, at 350° for 40-45 minutes or until chicken juices run clear.

#### RECYCLING CALENDAR

|          |    |            |
|----------|----|------------|
| December | 3  | Commingled |
| December | 10 | Paper      |
| December | 17 | Commingled |
| December | 24 | Paper      |
| December | 31 | Commingled |
| January  | 7  | Paper      |



#### DO YOU NEED A RIDE?

The Saddle Brook Senior Center Schedules rides to the Doctor on Tuesday through Friday Food shopping is on Monday . Please call to reserve a spot 1 week in advance. The bus also picks up on Wednesday and Friday For Bingo.

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

AC CASINO TRIPS

For information

Call Maria at 973 931 1169

#### AARP MEETINGS

**December 13 Christmas Party**  
**12:30-4:30**

**March 7 2021**

#### 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.

#### **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

# WORD WISE



## Christmas Word Search



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

Christmas  
Presents  
Frosty  
Jingle  
Ornament  
Elf  
Bow

Reindeer  
Tree  
Rudolph  
Snow  
Lights  
Stocking  
Sleigh

Santa  
Wreath  
Merry  
Candy  
Snowflake  
Bells



© 2017 Great-Kids-Birthday-Parties.Com - Visit us for tons of free kids printables

## ANSWERS FOR WORD SCRAMBLER NUTS

|           |          |
|-----------|----------|
| TOPICIAHS | PISACHIO |
| NUHCTSTE  | CHESTNUT |
| CYKHRIO   | HICKORY  |
| ONCTUCO   | COCOUNT  |



## 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

## Saddle Brook Senior Halloween Party

