

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



NOVEMBER 2021

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

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Around The Town

Bergen County Prosecutor Mark Musella did a presentation about SCAMS on Oct. 4, 2021 at our local AARP meeting at the Senior Center. Thank you Prosecutor Musella, AARP President Joe Lecce and Council President Karen D'Arminio for arranging the presentation. Thank you Senator Joe Lagana, Assemblywoman Lisa Swain, Assemblyman Chris Tully for attending. Thank you members of the Saddle Brook Police Department and investigators from the Bergen County Prosecutor's Office for your participation.



SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Line Dancing 10:00	2 Closed Election Day	3 BINGO 1:00 Blood Pressure 11:30-12:30	4 Exercise 10:15 Happy Stitchers 1:00	5 BINGO 1:00	6
7 	8 Line Dancing 9:30 AARP Meeting 1:00	9 Exercise 10:15 Senior Club 1:00	10 BINGO 1:00	11 Closed 	12 BINGO 1:00	13
14	15 Line Dancing 10:00	16 Exercise 10:15	17 BINGO 1:00	18 Exercise 10:15 Happy Stitchers 1:00	19 BINGO 1:00	20
21	22 Line Dancing 10:00	23 Exercise 10:15				27
28	29 Line Dancing 10:00	30 Exercise 10:15				

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RECIPE AND SCHEDULE

Gnocchi with Spinach and Chicken Sausage

1. Cook gnocchi according to package directions. Meanwhile, in a large skillet, heat oil over medium-high heat; cook sausage and shallots until sausage is browned and shallots are tender. Add garlic; cook 1 minute longer.
2. Stir in wine. Bring to a boil; cook until liquid is reduced by half, 3-4 minutes. In a small bowl, mix cornstarch and broth until smooth; stir into sausage mixture. Return to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Add spinach and cream; cook and stir until spinach is wilted.
3. Drain gnocchi; add to pan and heat through. Sprinkle with cheese.



- 1 package (16 ounces) potato gnocchi
- 2 tablespoons olive oil
- 1 package (12 ounces) fully cooked Italian chicken sausage links, halved and sliced
- 2 shallots, finely chopped
- 2 garlic cloves, minced
- 1 cup white wine or chicken broth
- 1 tablespoon cornstarch
- 1/2 cup reduced-sodium chicken broth
- 3 cups fresh baby spinach
- 1/2 cup heavy whipping cream
- 1/4 cup shredded Parmesan cheese

RECYCLING CALENDAR

November 5 Commingled
November 12 Paper
November 19 Commingled
November 26 Paper
December 3 Commingled



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

November 8 1PM

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

SADDLE BROOK WOMAN'S CLUB

For more information about joining the club call Paula (201) 755-4960

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



Thanksgiving Word Search



F A M L Y P I L G R O C K
 B E R E Z I U A I L S P R
 R P I L G R I M S M O O U
 Y L N A I Z E A P E A S T
 K I M S O C K F U K M B N
 C E L E B R A T E P I R A
 O A S S A M S I C E L N T
 R G E Z I A A O H L Y O I
 H N A L E G R S Z W I D V
 T I Y F C N D A I O K R E
 U V T M O O I S D F L A A
 O I H A R V E S T D U P M
 M G U Y N E M A H L F Y E
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 U A A W P R K I F N F U A
 M H Y E I S U H U T S T N
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Feast
 Wild Fowl
 Pumpkin
 Pilgrims
 Native Americans
 Mayflower
 Corn
 Thanksgiving
 Celebrate
 Plymouth Rock
 Harvest
 Family
 Thursday
 Ham
 Cornucopia
 November
 Turkey Pardon
 Maize
 Chief Massasoit
 Thankful
 Gravy

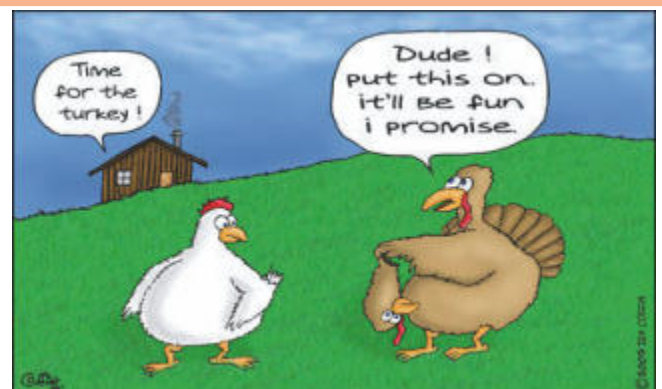
WORD SCRAMBLER NUTS

TOSPICIAH -----

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CYKHRIO -----

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