

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



APRIL 2022

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

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Around The Town

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www.cfanj.org



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CFA MAHWAH - 201-529-2029

CFA RINGWOOD - 201-529-2029



Summer Concert



Music by:
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July 22, 2022
7:30 P.M. - 9:00 PM
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The Saddle Brook Senior Center held their first Chicken Bingo of 2022, Sun. March 27th. The seniors had a lot of fun and enjoyed a KFC lunch. Thank you Senior Center Director Joe Lecce for organizing the event. Joe was not in attendance, as he was home recuperating from a minor injury. The players and staff wish Joe a full and speedy recovery.

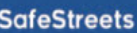


SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 BINGO 1:00	2
3	4 Line Dancing 10:00 AARP 12:30	5 Exercise 10:15	6 BINGO 1:00 Blood Pressure 12:00-1:00	7 Exercise 10:15 Happy Stitchers 1:00	8 BINGO 1:00	9
10 	11 Line Dancing 10:00	12 Exercise 10:15 Senior Club 1:00	13 CENTER CLOSED	14 CENTER CLOSED	15 Good Friday Passover Begins CENTER CLOSED	16
17 	18 Line Dancing 10:00	19 Exercise 10:15	20 BINGO 1:00	21 Exercise 10:15 Happy Stitchers 1:00	22 BINGO 1:00 Passover Ends	23
24	25 Line Dancing 10:00	26 Exercise 10:15	27 BINGO 1:00	28 Exercise 10:15 Happy Stitches 1:00	29 BINGO 1:00	30

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RECIPE AND SCHEDULE

Ham & Bean Soup

INGREDIENTS 2 tbsp. extra-virgin olive oil 1 small yellow onion, chopped 2 small carrots, thinly sliced 1 stalk celery, thinly sliced 4 cloves garlic, minced 1 tsp. fresh thyme 1/2 tsp. sweet paprika 2 c. low-sodium chicken broth 2 (15-oz.) cans white beans, drained and rinsed Kosher salt Freshly ground black pepper 2 cups leftover ham, shredded Freshly chopped parsley, for serving.



In a medium saucepan, heat oil over medium heat. Add onion and carrot and cook until onion is soft about 7 minutes. Add celery, garlic, and thyme, and cook, stirring, until garlic is fragrant, about 2 minutes more. Add chicken broth, 2 cups of water, and beans; bring to a boil. Season with salt and pepper. 1 Reduce heat, and simmer until the soup has thickened slightly, about 20 minutes. Stir ham into soup and season with salt and pepper. 2 3 Serve warm topped with parsley.

RECYCLING CALENDAR

April	1 Paper
April	8 Commingled
April	15 Paper
April	22 Commingled
April	29 Paper
May	6 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 call on Monday for pick up.

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

AARP MEETINGS 2022

April 4 - 12: 30 Sing Along
May 2 - 1:00 Nominations of officers
June 6 - 12:00 Lunch Installation of officers

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.

AC CASINO TRIPS

call Marie 973 931 1169

WORD WISE

Name: _____

Date: _____



Spring Words Word Search Puzzle



y d d l b d a g n f g n s i o f
u d t n m r y r h l b r f v j l
l p a j i a i e h s n e a m k o
b a i f f x y e f u n y g s q w
u z d c f u a n y s z n r r s e
g o s y n o l b l o s s o m a r
s r s o b i d e n y i i w v c s
s o x h r u c i n y m n t l d x
x b z p o p g i l p q a h c t b
q i a a u w a n e b q e r c h s
z n r t n r e n j u o i p c a r
b e e s q d u r n d i i k z h i
n t x c r j v z s s l g m u d r
n m j a v a x v c u x u j a o i
n n g j b s f m t m d u d b y s
o w h b u l b s c r o c u s h y

FIND THESE SPRING WORDS

daffodil
garden
blossom
bees
June
robin
May

March
showers
flowers
growth
April
green

bulbs
buds
ladybug
crocus
iris
grass

rainy
mud
bugs
tulip
picnic



The words may be hidden vertically, horizontally or diagonally.

RIDDLES

Tom's mother has three children. One is named April, One is named May. What is the third one named?



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IN THE SPOTLIGHT



The Choraleers, a select choir of students from Saddle Brook High / Middle School, performed today (Monday, March 7th) at our local AARP meeting at the Senior Center. They did an awesome job entertaining the crowd with a variety of songs led by SBHS Choral Director, Malcolm Couden.



In recognition of Women in History month, last night Mayor White and Township Councilmembers paid tribute to Saddle Brook women who have made significant contributions and a positive impact on our community. The women were honored for specific categories of achievement, which included Outstanding Citizen, Government Leader, Community Service, and Education Leader. We consider the women selected as role models for other women to hold in high esteem.

OUTSTANDING CITIZEN: FRANCIS ABATE, GOVERNMENT LEADERS: VICTORIA TORBIC & HAYLEY TRAVERSO, COMMUNITY SERVICE: PAULA BERNSTEIN & BARBARA MACKO, EDUCATION LEADER: TONI VIOLETTI – SADDLE BROOK SUPERINTENDENT OF SCHOOLS