

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



MAY 2022

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

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Around The Town

Saddle Brook Senior Center

Happy Stitchers

Looking for knitters & crocheters to join our group and we are also accepting donations of yarn. We meet every Thursday 1:00 at the Senior Center 8 Caldwell Avenue. Please call the center director Joe Lecce (201)845-4594






DON'T BE AN EASY TARGET FOR CAR THIEVES


- ✓ Lock the Doors
- ✓ Bring Valuables with You
- ✓ Take Your Keys



VFW ROMAINE SINNEGAR POST 3484
2022 MEMORIAL DAY PARADE
MAY 29th START TIME 1:30

SADDLE BROOK SENIOR CENTER

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

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RECIPE AND SCHEDULE

Lemon Shrimp Orzo



1. In a large skillet, heat oil over medium-high heat. Add onion; cook and stir until crisp-tender, 3-4 minutes. Add garlic; cook 1 minute longer. Stir in broth, orzo and water. Bring to a boil; reduce heat. Simmer, uncovered, until orzo is al dente, 8-10 minutes.
2. Stir in shrimp, arugula, lemon juice, salt and pepper. Cook and stir until shrimp turn pink, 4-5 minutes. Stir in olives. Sprinkle with feta and basil leaves.

Ingredients

- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 3-1/2 cups reduced-sodium chicken broth
- 1 pound uncooked whole wheat orzo pasta
- 1 cup water
- 1 pound uncooked shrimp (31-40 per pound), peeled and deveined
- 4 cups fresh arugula
- 3 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup pitted Greek olives, halved
- 1-1/2 cups crumbled feta cheese
- Fresh basil leaves

May	6 Commingled
May	13 Paper
May	20 Commingled
May	27 Paper
June	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 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

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.

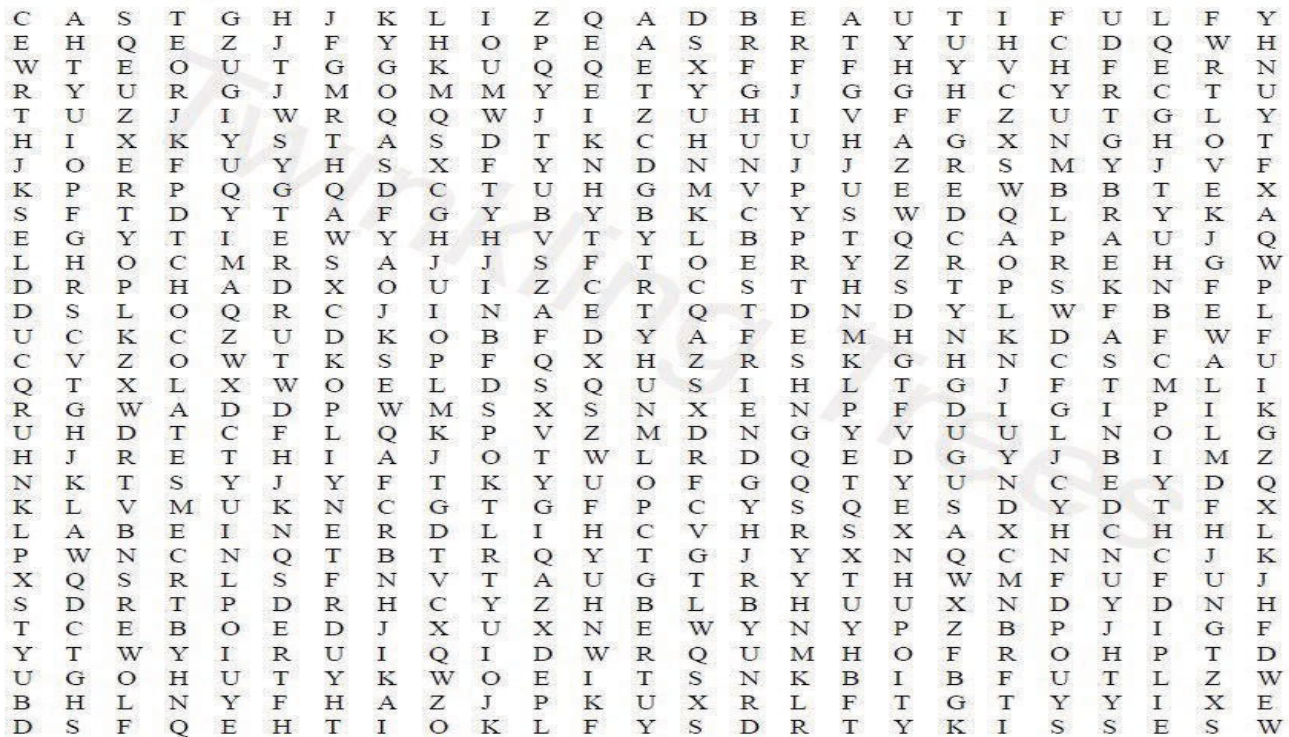
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Cards

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APRIL RIDDLE ANSWER

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

Answer: TOM

RIDDLE



I have roads but no pavement, rivers but no water, and cities but no buildings. What am I?

Patrick J. Conte

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Stephen P. Conte, Jr. Manager

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