

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



JULY 2022

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

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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Saddle Brook Senior Ctr., Saddle Brook, NJ 03-1148

Around The Town

SADDLE BROOK VFW 2022 MEMORIAL DAY PARADE



SADDLE BROOK SENIOR CENTER

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

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RECIPE AND SCHEDULE

Cube Steaks with Gravy



1 1/3 cup all-purpose flour

- 6 beef cube steaks (4 ounces each)
- 1 tablespoon canola oil
- 1 large onion, sliced and separated into rings
- 3 cups water, divided
- 1 envelope brown gravy mix
- 1 envelope mushroom gravy mix

1. Place flour in shallow dish. Add steaks, 1 or 2 at a time, and turn to coat completely.
2. In a skillet, cook steaks in oil until lightly browned on each side. Transfer to a 3-qt. slow cooker. Add the onion and 2 cups water. Cover and cook on low for 8 hours or until meat is tender.

In a bowl, whisk together gravy mixes with remaining water. Add to slow cooker; cook 30 minutes longer. Serve over mashed potatoes or noodles.

July	1	Commingled
July	8	Paper
July	15	Commingled
July	22	Paper
July	29	Commingled
August	5	Paper



AARP MEETINGS 2022

July	11	1:00
August	1	1:00
September	12	12 Noon Pizza and Doo Wop With Joey G

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?

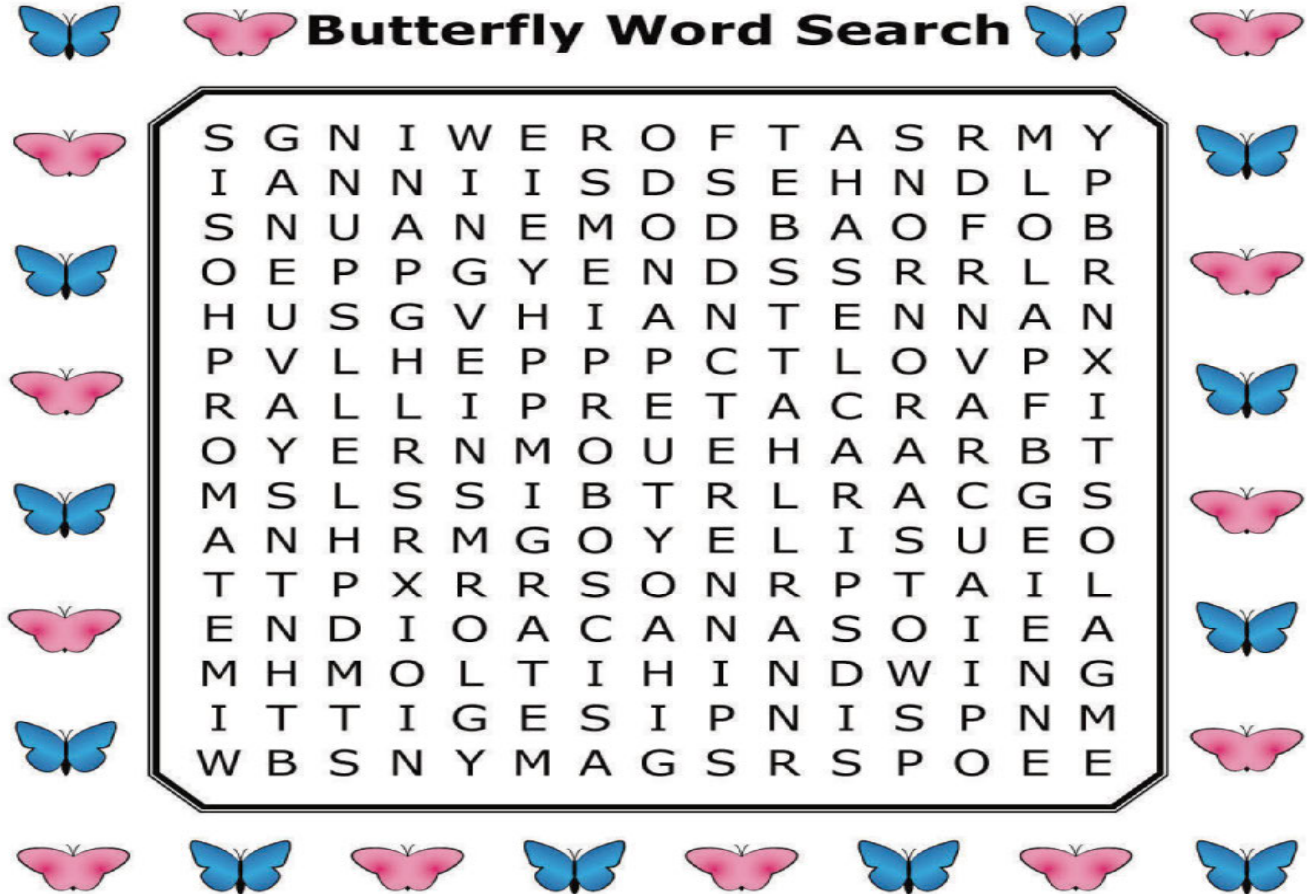
The Saddle Brook Senior Center Schedules rides to the Doctor on Tuesday through Friday Food shopping is on Monday . Please call to reserve a spot 1 week in advance. The bus also picks up on Wednesday and Friday For Bingo call on Monday for pick up.

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

AC CASINO TRIPS

call Marie 973 931 1169

WORD WISE



Abdomen
Antenna
Butterfly
Caterpillar
Chrysalis
Egg

Forewing
Hindwing
Larva
Metamorphosis
Migrate
Molt

Proboscis
Pupa
Spinneret
Spiracles
Thorax
Wing Veins

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ANSWER TO RIDDLE

1 Why are Fathers like parking spaces ?

The good ones are always taken

2 A Father had twin boys but they were born in different years on different days they are not part of two sets how is this possible?

One born on December 31 11:59 PM the Other on January 1 at 12 AM

Patrick J. Conte

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Stephen P. Conte, Jr. Manager

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IN THE SPOTLIGHT



On Monday, June 6, 2022, our local AARP Chapter 3785 installed new officers for 2022-2023. A lunch celebration at the Senior Center followed the swearing in ceremony. The new officers installed were: Debra Cannariato - President; Councilwoman Karen D'Arminio - Vice President, Joe Lecce - Treasurer; and Marie Shust - Secretary. Congratulations to all the new officers and thank you for your service to AARP



On Friday, June 10th, the Saddle Brook Police Department participated in the 2022 Law Enforcement Torch Run to raise funds and awareness for Special Olympics New Jersey. 👍👍