

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



AUGUST 2022

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

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Around The Town

SADDLE BROOK TOWNSHIP PICNIC, SATURDAY, JULY 2, 2022



SADDLE BROOK SENIOR CENTER

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

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RECIPE AND SCHEDULE

Italian Chicken Pasta Salad



Kosher salt

- ☒ 3 cups dried elbow macaroni
- ☒ 1/2 cup plus 2 tablespoons extra-virgin olive oil
- ☒ 1 cup cubed rotisserie chicken
- ☒ 1 cup diced English cucumber (about 1/3 cucumber)
- ☒ 1 cup halved cherry tomatoes
- ☒ 1/2 cup chopped pitted Nicoise olives
- ☒ 1/2 cup chopped roasted red peppers (about 1 whole)
- ☒ 1/2 cup 1/4-inch diced hard salami (about 4 ounces)
- ☒ 1/4 cup diced red onion (about 1/2 small)
- ☒ 1/4 cup chopped fresh flat-leaf parsley
- ☒ 4 ounces ricotta salata, grated, or crumbled feta cheese
- ☒ 1/3 cup red wine vinegar

1. Bring a large pot of salted water to a boil. Add the macaroni and cook until al dente, according to the package directions. Drain in a colander, rinse with cold water and shake until very dry. Transfer the pasta to a large mixing bowl, drizzle 2 tablespoons of the olive oil over it and toss well to coat.
 2. Add the chicken, cucumber, tomatoes, olives, peppers, salami, onions and parsley. Season with salt and toss well to combine.
- In a small bowl, whisk together the vinegar and remaining 1/2 cup olive oil; pour it over the salad and toss well. Taste and adjust the seasoning if necessary. For best flavor, let the salad

August	5	Paper
August	12	Commingled
August	19	Paper
August	26	Commingled
September	2	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 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

AARP MEETINGS 2022

August	1	1:00
September	12	12 Noon Pizza and Doo Wop With Joey G
October	3	1:00

SADDLE BROOK WOMAN'S CLUB

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

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M	R	E	T	E	P	G	Y	U	E	R	O	N
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A	N	I	M	A	T	E	D	S	R	W	S	E
E	R	U	T	L	U	C	P	O	P	I	B	N
F	O	U	O	Y	O	Q	D	V	O	L	E	G
A	C	F	N	M	S	Y	E	L	O	C	N	L
B	M	N	E	D	N	I	F	F	I	R	G	A
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T	E	E	R	T	S	R	E	N	O	O	P	S
T	R	M	Q	U	A	H	O	G	W	M	E	G

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



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