

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



OCTOBER 2022

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

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Around The Town

FREE PAPER SHREDDING EVENT

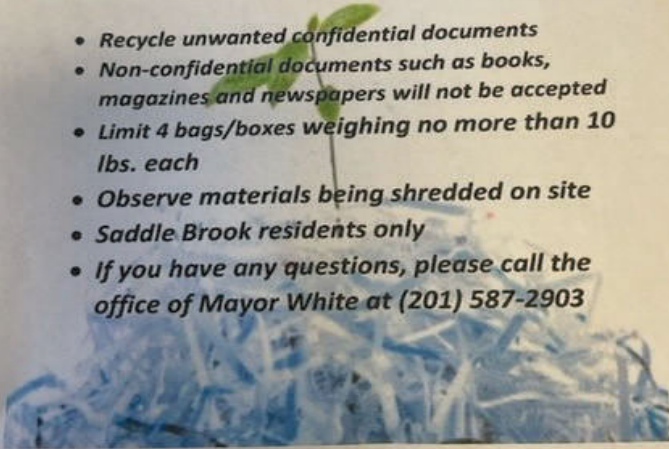
The Township of Saddle Brook
Mobile Paper Shredding Event

Saturday, October 22, 2022

9:00 a.m. - 1:00 p.m.

55 MAYHILL STREET (PARKING LOT)

- Recycle unwanted confidential documents
- Non-confidential documents such as books, magazines and newspapers will not be accepted
- Limit 4 bags/boxes weighing no more than 10 lbs. each
- Observe materials being shredded on site
- Saddle Brook residents only
- If you have any questions, please call the office of Mayor White at (201) 587-2903



SADDLE BROOK SENIOR CENTER
8 CALDWELL AVENUE

CHICKEN BINGO SUNDAY

OCTOBER 23, 2022

AT 12:00 NOON

PRICE \$15.00

For information call Joe Lecce

201 845 4594

BUS WILL BE AVAILABLE



TOWNSHIP OF SADDLE BROOK
TOWN WIDE



SATURDAY & SUNDAY

OCTOBER 8 & 9, 2022

9:00 AM - 5:00 PM



Grand Opening
New Municipal Complex

Saturday October 15

12 pm to 4 pm

SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Line Dancing 10:00 AARP 12:30 PM	4 Exercise 10:15	5 BINGO 1:00 Blood Pressure 12:00-1:00	6 Exercise 10:15 Happy Stitchers 1:00	7 BINGO 1:00	8
9	10 closed 	11 Exercise 10:15 Senior Club 1 PM	12 BINGO 1:00	13 Exercise 10:15 Happy Stitchers Blood Pressure 9:30-11:00 am	14 BINGO 1:00	15 GRAND OPENING 12pm-4pm
16	17 Line Dancing 10:00	18 Exercise 10:15	19 BINGO 1:00	20 Exercise 10:15 Happy Stitchers 1:00	21 BINGO 1:00	22 Paper Shredding 9am –1pm 55 Mayhill
23 CHICKEN BINGO 30	24 Line Dancing 31 Line Dancing	25 Exercise 10:15	26 BINGO 1:00	27 Exercise 10:15 Happy Stitchers 1:00	28 BINGO 1:00	29 Trunk or Treat 12-2 55 Mayhill

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RECIPE AND SCHEDULE

Bavarian Apple-Sausage Hash



- 2 tablespoons canola oil
- 1/2 cup chopped onion
- 4 fully cooked apple chicken sausages *or* flavor of your choice, sliced
- 1-1/2 cups thinly sliced Brussels sprouts
- 1 large tart apple, peeled and chopped
- 1 teaspoon caraway seeds
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons finely chopped walnuts
- 1 tablespoon brown sugar
- 1 tablespoon whole grain mustard
- 1 tablespoon cider vinegar

1. In a large skillet, heat oil over medium-high heat; sauté onion until tender, 1-2 minutes. Add sausages, Brussels sprouts, apple and seasonings; sauté until lightly browned, 6-8 minutes.
2. Stir in walnuts, brown sugar, mustard and vinegar; cook and stir 2 minutes.

October 7 Commingled
October 14 Paper
October 21 Commingled
October 28 Paper
November 4 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

October 3 12:30 PM
November 14 12:30PM
December 12 Christmas Party
12:30 To 4:30

SADDLE BROOK WOMAN'S CLUB

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

ATTENTION ALL SENIORS

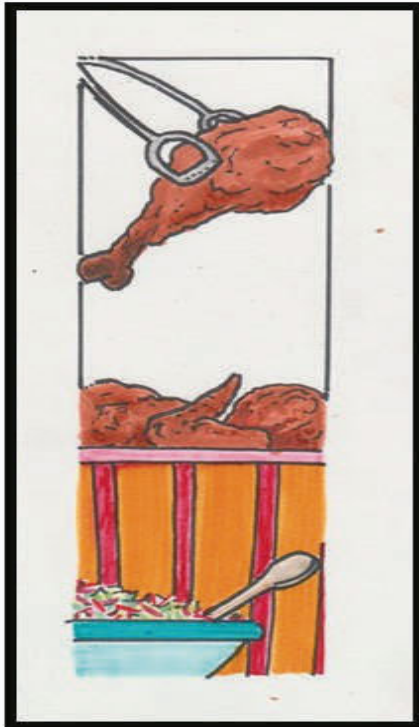
Are you interested in meeting new people and enjoying a variety of activities?
Join the Saddle Brook Seniors! (you do not have to be a Saddle Brook resident)

For more information call
Pat Fiore 201-794-0554

AC CASINO TRIPS
call Marie 973 931 1169

WORD WISE

FRIED CHICKEN



WORD SEARCH PUZZLE

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

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

BITE
BUCKET
BUTTER
CRISPY
CRUNCHY
DELICIOUS
DINNER
DRUMSTICK

FAMILY
FINGER
FLAKE
FOOD
FRYER
GRAVY
GREASE
HERBS

HOLIDAY
HOMEMADE
JUICY
KIDS
MOIST
PICNIC
PIECES
PLATE

RESTAURANT
SEASONING
SPICY
THIGH
WING

TEST YOUR SMARTS

- 1 What gets wet while drying ?
- 2 What can you catch and never throw ?
- 3 What kind of band never plays music ?
- 4 What has many teeth but cannot bite ?
- 5 What kind of room has no doors or windows ?



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Stephen P. Conte, Jr. Manager

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IN THE SPOTLIGHT



The AARP Enjoyed
pizza & ice cream at the doo
wop performed by Joey G and
his son Joey

