

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



December 2022

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

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Around The Town

SADDLE BROOK HOLIDAY TREE LIGHTING & PARTY FRIDAY, NOVEMBER 25, 2022

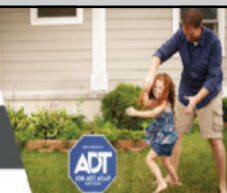


SADDLE BROOK SENIOR CENTER

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

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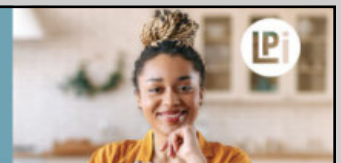
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RECIPE AND SCHEDULE

Melt-in-Your-Mouth Pot Roast



- 1 pound medium red potatoes, quartered
- 1 cup fresh baby carrots
- 1 boneless beef chuck roast (3 to 4 pounds)
- 1/4 cup Dijon mustard
- 2 teaspoons dried rosemary, crushed
- 1 teaspoon garlic salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon pepper
- 1/3 cup chopped onion
- 1-1/2 cups beef broth
- Minced fresh thyme, optional

1. Place potatoes and carrots in a 5-qt. slow cooker. Cut roast in half. Combine the mustard, rosemary, garlic salt, thyme and pepper; rub over roast.
2. Place in slow cooker; top with onion and broth. Cover and cook on low until meat and vegetables are tender, 6-8 hours. If desired, top with minced thyme.

December 2 Commingled
December 9 Paper
December 16 Commingled
December 23 Paper
December 30 Commingled
January 6 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

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

WORD WISE

Christmas Word Search

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

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 HOLLY
 ORNAMENT
 MISTLETOE
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 BELLS
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 HOHOHO
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IN THE SPOTLIGHT



On Friday, Oct. 28, 2022, Police Officers James Latrella and Thomas Genuario were officially sworn in as members of the Saddle Brook Police Department. Good Luck to them.



On Tuesday, November 22, 2022, Saddle Brook Police Officers Robert Littlejohn Jr. and Joseph Camilleri IV were elevated to the rank of Sergeant during a promotional ceremony at Town Hall. Mayor Robert White administered the oath of office to both officers in front of a packed house of their family, friends, and coworkers. Congratulations to the officers and their families, and best wishes to them in their new positions as supervisors within the police department.



Congratulations to Mayor White and Councilman Todd Accomando on their reelection and good luck to newly elected Sarah Sanchez. They will join Council President Florence Mazzer, Councilman Andrew Cimiluca, and Councilman David Gieriek. We wish them all a successful term serving Saddle Brook.

