

**SADDLE BROOK SENIOR CENTER**

**8 CALDWELL AVENUE**

**SADDLE BROOK, NJ 07663**

**(201)845-4594**

**Hours: 8:00—3:30**



**FEBRUARY 2023**

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

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# Around The Town



**CHICKEN BINGO**  
**SUNDAY**  
**FEBRUARY 26, 2023**  
**AT 12:00 NOON**  
**PRICE \$15.00**  
For information call Joe Lecce  
201 845 4594

## **SELF-DEFENSE FOR SENIORS**

**Thursday, February 23 @ 1 PM**



Join Barry from Glorified Body Fitness as he teaches us the basics of self-defense. The class is aimed towards seniors and adults.

Please scan the QR code to register  
or call the Library at (201) 843-3287.



340 Mayhill Street, Saddle Brook, NJ 07663 | (201) 843-3287  
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**ROAD CONDITIONS  
CAN CHANGE QUICKLY**



**SLOW DOWN AND USE CAUTION**



**NJDOT Winter Weather Tips**

# SADDLE BROOK SENIOR CENTER

| SUNDAY                                                                            | MONDAY                                                                                              | TUESDAY                 | WEDNESDAY                                                                            | THURSDAY                                                                   | FRIDAY             | SATURDAY |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------|----------|
|  |                                                                                                     |                         | 1<br>BINGO<br>Blood Pressure<br>12:00-1:00                                           | 2<br>Exercise 10:15<br>Happy Stitches 1:00 PM                              | 3<br>BINGO 1:00 PM | 4        |
| 5                                                                                 | 6<br>Line Dancing 10:00 AM                                                                          | 7<br>Exercise 10:15AM   | 8<br>BINGO 1:00                                                                      | 9<br>Exercise 10:15<br>Happy Stitches 1:00 PM<br>Blood Pressure 9:30-11:00 | 10<br>BINGO 1:00   | 11       |
| 12                                                                                | 13<br>CLOSED<br>  | 14<br>Exercise 10:15AM  | 15<br>BINGO 1:00                                                                     | 16<br>Exercise 10:15<br>Happy Stitches 1:00 PM                             | 17<br>BINGO 1:00   | 18       |
| 19                                                                                | 20<br>CLOSED<br> | 21<br>Exercise 10:15 AM | 22<br>BINGO 1:00                                                                     | 23<br>Exercise 10:15<br>Happy Stitches 1:00PM                              | 24<br>BINGO 1:00   | 25       |
| 26<br>CHICKEN BINGO 12 NOON                                                       | 27<br>Line Dancing 10:00 AM                                                                         | 28<br>Exercise 10-15AM  |  |                                                                            |                    |          |

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# RECIPE AND SCHEDULE

## CREAMY CHICKEN RICE SOUP



- 1 tablespoon canola oil
- 1 medium carrot, chopped
- 1 celery rib, chopped
- 1/2 cup chopped onion
- 1/2 teaspoon minced garlic
- 1/3 cup uncooked long grain rice
- 3/4 teaspoon dried basil
- 1/4 teaspoon pepper
- 2 cans (14-1/2 ounces each) reduced-sodium chicken broth
- 3 tablespoons all-purpose flour
- 1 can (5 ounces) evaporated milk

1. In a large saucepan, heat oil over medium-high heat; saute carrot, celery and onion until tender. Add garlic; cook and stir 1 minute. Stir in rice, seasonings and broth; bring to a boil. Reduce heat; simmer, covered, until rice is tender, about 15 minutes.
2. Mix flour and milk until smooth; stir into soup. Bring to a boil; cook and stir until thickened, about 2 minutes. Stir in chicken; heat through.

February 3 Paper  
 February 10 Commingled  
 February 17 Paper  
 February 24 Commingled  
 March 3 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 2023

First Meeting is March 6 12:30

### 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

## VALENTINE'S DAY WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| J | R | R | Z | A | O | C | M | K | S | G | C | B | O | U | Q | P | O | P | D |
| T | D | Y | Q | C | B | P | A | B | J | R | S | R | U | T | M | W | V | Z | R |
| I | B | O | W | D | G | W | A | H | T | I | I | T | L | H | A | B | J | E | B |
| H | V | S | O | E | N | E | F | W | F | G | U | O | U | J | B | M | T | L | H |
| N | S | C | W | S | B | S | O | O | I | F | Z | H | S | T | A | Q | Z | O | T |
| M | O | Q | B | Q | W | F | O | W | K | C | J | X | C | W | N | C | R | V | X |
| X | K | Z | S | W | W | C | C | H | W | Z | H | D | O | B | J | I | G | E | W |
| C | D | I | L | I | E | O | S | N | E | V | D | H | R | B | A | H | U | B | Z |
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Valentine  
Candy  
Chocolate  
February  
Flowers  
Friend

Cupid  
Cuddle  
Hug  
Kiss  
Love

Be Mine  
Hearts  
Card  
Love  
Arrow

Pink  
Red  
Roses  
I Love You  
Sweet



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## Word Scrambler

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# IN THE SPOTLIGHT

Mayor Robert White, Councilman Todd Accomando, and Councilwoman Sarah Sanchez were sworn to their elected offices at the Township Reorganization meeting on Mon. Jan. 2, 2023. Also, Councilman David Gieriek was appointed Council President for 2023. Outgoing Council President Florence Mazzer and Councilwoman Karen D'Arminio (ret.) were recognized for their service to the Township. Congratulations to all the elected officials sworn in and to all others appointed to various Township boards and other professional/official positions.

