

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



JANUARY 2023

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

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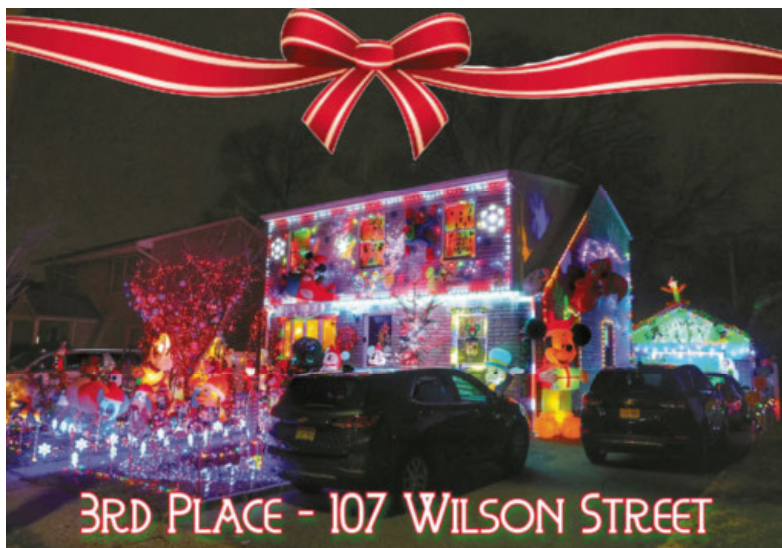
Around The Town



THE RESULTS ARE IN!!!

The Mayor's Youth Group judged the homes that registered for the Annual Holiday Home Decorating Contest. Mayor White and youth group members thank all of the residents who participated this year.

Hard work and creativity was put into all the home displays and they were a pleasure to see. This event gets everyone in the holiday spirit. Congratulations to the winners.



SADDLE BROOK SENIOR CENTER

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

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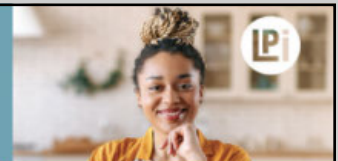
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RECIPE AND SCHEDULE

Authentic Pasta Carbonara



- 1 package (1 pound) spaghetti or linguine
- 6 bacon strips, chopped
- 1 cup fresh or frozen peas
- 2 tablespoons lemon juice
- 1-1/2 teaspoons grated lemon zest
- 2 large eggs, lightly beaten
- 2 tablespoons minced fresh parsley
- 1/2 cup grated Parmigiano-Reggiano cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Additional grated Parmigiano-Reggiano cheese, optional

1. in a large saucepan, cook pasta according to package directions for al dente. Drain pasta, reserving pasta water; keep pasta warm. In same pot, cook bacon over medium heat until crisp, stirring occasionally. Add peas; cook until just heated through.
2. Add pasta to pot; toss to combine. Stir in remaining ingredients, adding enough reserved pasta water for sauce to reach desired consistency. If desired, serve with additional cheese.

January	6	Paper
January	13	Commingled
January	20	Paper
January	27	Commingled
February	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

ON YOUR DESK

WORD SEARCH PUZZLE



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

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

CALENDAR
 CARDS
 CHARGER
 CLIPS
 COMPUTER
 CUP
 DICTIONARY
 DRAWER
 ERASER
 FILES

GLASS
 GLUE
 KEYBOARD
 KEYS
 LABELS
 LAMP
 MARKER
 MEMOS
 MINTS
 MOUSE

MUG
 NOTES
 PAPERS
 PENCIL
 PENS
 PHONE
 PHOTO
 PLANNER
 PLANT
 PRINTER

RULER
 SCISSORS
 SNACKS
 STAMPS
 STAPLER
 STICKERS
 TABLET
 TAPE
 TISSUE

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MUM'S FAVORITE SAYING'S

1. What part of no don't you understand?
2. I don't care who started it.
3. Wait untill your father gets home.
4. Your face is going to freeze like that.
5. No one said life was fair.
6. Go to your room.
7. Beds are for sleeping not jumping
8. Eat your vegetables.
9. I don't know is not an answer.
10. Because i said so, thats why.

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IN THE SPOTLIGHT

SADDLE BROOK



COMMUNITY PARTNERSHIP

Saddle Brook Community Partnership HELP

The Community Partnership is a group of leaders from local government, schools, churches, emergency services, scouts, businesses and more - dedicated to providing help to township residents in need. If you need help with outside projects, or financial questions, accessing services, parenting, mentoring and tutoring, transportation, food, or just need a visit from time to time, Community Partnership is reaching out to you.

If you have questions or need assistance, fill out the Form below to send a message to our partnership coordinator who will be able to direct you to help. For those of you who don't have the Internet, we have a dedicated HELP phone line - [201-587-2912](tel:201-587-2912) where you can leave a message for the coordinator and you'll get a response in a timely manner.