

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



APRIL 2023

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

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Around The Town

Saddle Brook Volunteer
Ambulance corps
Fish and Chips Dinner

April 7, 2023
4:30pm-7:00pm
55 Mayhill st.
Saddle Brook

Tickets \$20.00 Fish or Chicken

For tickets email Secretary@saddlebrookvac.com
or
Call 201-790-3750

Monday, March 6, 2023: Thank you, Saddle Brook AARP President Debra Cannariato, for inviting Mayor Bob White and Pastor Christopher Wolf to speak at the Senior Center about the Township's Community Partnership Committee. The Community Partnership is a group of leaders from local government, schools, churches, emergency services, scouts, businesses, and more - dedicated to helping Saddle Brook residents in need. Resources, referrals, and guidance are provided to help those less fortunate and improve their quality of life. The committee has a dedicated HELP phone line - 201-587-2912 where residents can leave a message, and a representative will get back to you promptly. >>>>>>>>>>>>

**Saddle Brook Community Food
Pantry Is in need of the
following items**

- Pasta**
- Cereal**
- Tomato sauce**
- Peanut Butter**
- Jelly**
- Tuna**
- Snacks**
- Coffee**



Personal Care Items

Condiments

Pancake Syrup

Paper Goods

Toiletries

Donations of gift cards to Shop Rite or Acme are graciously accepted also.

Thank you for your support.

Seniors Can drop off the Senior Center



SADDLE BROOK SENIOR CENTER

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

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RECIPE AND SCHEDULE

Rosemary Pork Medallions with Peas

1. Sprinkle pork with salt and pepper. Toss with flour to coat lightly; shake off excess.
2. In a large skillet, heat oil and butter over medium heat. Add pork; cook until tender, 1-2 minutes on each side. Remove from pan; keep warm.
3. In same pan, add broth, garlic and rosemary; bring to a boil, stirring to loosen browned bits from pan. Cook until liquid is reduced by a third, 2-3 minutes. Stir in peas; cook until heated through,

- 1 pound pork tenderloin, cut into 1/2-inch slices
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup all-purpose flour
- 1 tablespoon olive oil
- 2 teaspoons butter
- 1 cup reduced-sodium chicken broth
- 1 garlic clove, minced
- 1 teaspoon dried rosemary, crushed
- 2 cups frozen peas



April	7	Commingled
April	14	Paper
April	21	Commingled
April	28	Paper
May	5	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.

AC CASINO TRIPS

Call Marie 973 931 1169

AARP Meetings

Aprile 3 12:30

May 1 12:30 High School Choraleers

Saddle Book Stitches
Are looking for donations of yarn .If you or someone you know would like to donate yarn ,please call Joe Lecce
201 845 4594

WORD WISE

April



APRIL
ARIES
CALENDAR
DIAMOND
GREGORIAN
SPRING
ST MARKS EVE
TAURUS
TO OPEN
YEAR

APRILIS
AUTUMN
DAISY
FOURTH MONTH
JULIAN
ST GEORGES DAY
SWEETPEA
THIRTY DAYS



Answer to Riddle

When is an Irish
potato not an Irish
potato?

When it is
French Fries

Identify the following matter as solid, liquid or gas

Steam

Diamond

Dry Ice

Boric Acid

Liniment

Hyacinth

Hydrogen

Uranium

Cobalt



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IN THE SPOTLIGHT

Seniors enjoyed Chicken Bingo Sunday, February 26. Joe Lecce would like to give special thanks to Mayor Robert White, Councilman Todd Accomando, Karen D'Armino, Christine Genuario, Sandie Goodwin, Rose Paschek and Howie Rofofsky for all their help. Also Thank you to Bergen County Commissioner Tracy Zur for Visiting us and calling some Bingo games **June 4 next Chicken Bingo.**

