

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



**NATIONAL
GEOGRAPHIC**

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JUNE 2023

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

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Around The Town

On Monday, May 1, 2023, the Choraleers, a select choir of Saddle Brook High/Middle School (SBHMS) students, performed at our local AARP meeting at the Senior Center. They did an excellent job entertaining the crowd with various songs led by SBHMS Choral Director Malcolm Couden. Our seniors were very appreciative and raved about the show. Councilwoman Florence Mazzer and Mayor Bob White attended the performance. A big thank you to Mr. Couden and the Choraleers! At the beginning of the meeting, representatives from Spencer Savings of Saddle Brook spoke to the senior about avoiding common types of scams. The seniors appreciated the presentation and the reusable shopping bags given to them by Spencer Savings.



SADDLE BROOK SENIOR CENTER

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

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RECIPE AND SCHEDULE

One-Pot Garlicky Shrimp & Spinach

Ingredients 3 tablespoons extra-virgin olive oil, divided 6 medium cloves garlic, sliced, divided 1 pound spinach 1/4 teaspoon salt plus 1/8 teaspoon, divided 1 1/2 teaspoons lemon zest 1 tablespoon lemon juice 1 pound shrimp (21-30 count), peeled and deveined 1/4 teaspoon crushed red pepper 1 tablespoon finely chopped fresh parsley



Directions One-Pot Garlicky Shrimp & Spinach Shrimp, spinach and garlic
Step 1 Heat 1 tablespoon oil in a large pot over medium heat. Add half the garlic and cook until beginning to brown, 1 to 2 minutes. Add spinach and 1/4 teaspoon salt and toss to coat. Cook, stirring once or twice, until mostly wilted, 3 to 5 minutes. Remove from heat and stir in lemon juice. Transfer to a bowl and keep warm. **Step 2** Increase heat to medium-high and add the remaining 2 tablespoons oil to the pot. Add the remaining garlic and cook until beginning to brown, 1 to 2 minutes. Add shrimp, crushed red pepper and the remaining 1/8 teaspoon salt; cook, stirring, until the shrimp are just cooked through, 3 to 5 minutes more. Serve the shrimp over the spinach, sprinkled with lemon zest and parsley.

June	2	Commingled
June	9	Paper
June	16	Commingled
June	23	Paper
June	30	Commingled



AARP Meetings

June 12 12:30

July 10 12:30

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

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

Father's Day Word Search



Dad's are #1!

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CARING
CUDDLE
DADDY
FATHER
FATHERS DAY
FRIEND
GARDENER
GENEROUS

HAPPY
HELPER
HUG
JOB
JUNE
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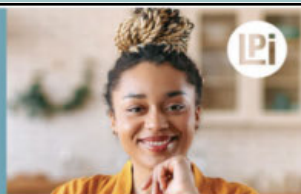
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IN THE SPOTLIGHT



Congratulations to all the officers of Romaine-Sinniger VFW Post 3484, Post 3484 Auxiliary, and Post 3484 Riders that were installed on Saturday, May 13, 2023. On behalf of the residents of Saddle Brook, we thank the VFW for all their charitable work and the assistance they provide to our community. Best of luck to Post 3484 for a productive and prosperous year.



**The American Cruisers in
coordination with the Saddle Brook
Volunteer Ambulance Corps
Presents its' Custom & Classic Car Show
Sunday, June 11, 2023 (rain date July 9)
9am to 3pm @ the Saddle Brook Municipal Bldg.
55 Mayhill St.
Music*Food & Beverages*Trophies*50/50
Dash Plaques to the first 100 vehicles**

No alcoholic beverages permitted. The American Cruisers and the Saddle Brook Ambulance Corps will not be responsible for any injury, loss or damage.