

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



JULY 2023

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

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Around The Town

The Saddle Brook Senior Center held Chicken Bingo today, Sunday, June 4, 2023. The seniors had a lot of fun playing Bingo and enjoyed a KFC lunch. Thank you to all who helped make it a great day



SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Line Dancing 10:00 AM	4 CLOSED 	5 BINGO 12:45 Blood Pressure 12:00-1:00	6 Exercise 10:15	7 BINGO 12:45	8
9	10 Line Dancing 10:00 AARP Meeting 12:30	11 Exercise 10:15 AM Senior Club Meeting 1:00 PM	12 BINGO 12:45	13 Exercise 10:15 Happy Stitches 1:00 PM Blood Pressure 9:30-10:00	14 BINGO 12:45	15
16	17 Line Dancing 10:00	18 Exercise 10:15 AM	19 BINGO 12:45	20 Exercise 10:15 Happy Stitches 1:00PM	21 BINGO 12:45	22
23	24 Line Dancing 10:00	25 Exercise 10-15AM	26 BINGO 12:45	27 Exercise 10:15 Happy Stitches 1:00PM	28 BINGO 12:45	29
30	31 Line Dancing 10:00					

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RECIPE AND SCHEDULE

1. In a large skillet, saute chicken and garlic in 2 tablespoons butter for 10-12 minutes or until chicken juices run clear. Add vegetables. Cook until crisp-tender; remove from skillet and set aside.
2. In the same skillet, melt remaining butter. Add flour, salt and pepper; stir to form a smooth paste. Gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cream and heat through. Add chicken and vegetables; stir until well mixed.
3. Place pasta in a greased 2-qt. baking dish. Pour chicken mixture over top. Sprinkle with Parmesan cheese. Cover and bake at 350° for 15 minutes; uncover and bake 5 minutes longer.

Chicken Garden Medley



- 1 pound boneless skinless chicken breasts, cut into strips
- 1 garlic clove, minced
- 1/4 cup butter, divided
- 1 small yellow squash, halved lengthwise and sliced
- 1 small zucchini, halved lengthwise and sliced
- 1/2 cup julienned sweet red pepper
- 1/2 cup julienned green pepper
- 1/4 cup thinly sliced onion
- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup chicken broth
- 1/2 cup half-and-half cream
- 8 ounces angel hair pasta, cooked and drained
- 2 tablespoons shredded Parmesan cheese

July	7 Paper
July	14 Commingled
July	26 Paper
July	28 Commingle
August	4 Paper



DO YOU NEED A RIDE?

The Saddle Brook Senior Center Schedules rides to the Doctor on Monday, Tuesday, Wednesday and Friday. Food shopping is on Thursday. Please call to reserve a spot on the Monday before. 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

July 10 12:30 Left Right Center

August 12;30 Lunchen

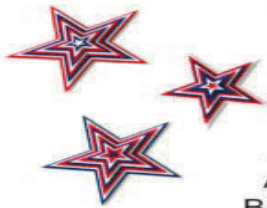
Saddle Book Stitches
Are looking for donations of yarn .If you or someone you know would like to donate yarn ,please call Joe Lecce

201 845 4594

WORD WISE

Happy Independence Day!

4th of July Word Search



ABLAZE
ANTHEM
BACKYARD
BLAST
GATHERING
RED
WHITE
BLUE
CAVALCADE
CELEBRATION

CROWDS
DECORATIONS
BANG
BOOM
BATTLEFIELD
CAMPING
DELICIOUS
DESSERT
DEMOCRACY
EMOTIONAL

FEAST
FLAG
AMERICA
FIRECRACKERS
ROCKETS
EXPLOSIONS
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Join us at 55 Mayhill St. on
Thursday August 3, 2023!! 7PM



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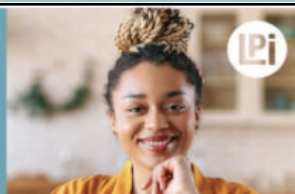
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IN THE SPOTLIGHT

Nancy Gara Celebrated Her
100 Birthday June 5 2023



On Friday, June 9, 2023, Saddle Brook police officers participated in the New Jersey Law Enforcement Torch Run for Special Olympics. Thank you for carrying the torch and representing Saddle Brook in this important cause.



On Monday, June 12, 2023, Officer Fausto Rossy of the Bergen County Sheriff's Office (BCSO) Community Outreach Unit, attended our Saddle Brook AARP meeting at the Senior Center. Officer Rossy provided information about the BCSO Gold Star Identification Program. The Gold Star Identification card can be used as additional means of photo identification complete with the Sheriff's Office logo and the phone number.

