

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



SEPTEMBER 2023

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

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Around The Town

SADDLE BROOK POLICE DEPT. NATIONAL NIGHT OUT, TUE. AUG. 1, 2023



SADDLE BROOK SENIOR CENTER

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

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RECIPE AND SCHEDULE

OLD –FASHINGTON CABBAGE ROLLS

- 1 medium head cabbage (3 pounds)
- 1/2 pound uncooked ground beef
- 1/2 pound uncooked ground pork
- 1 can (15 ounces) tomato sauce, divided
- 1 small onion, chopped
- 1/2 cup uncooked long grain rice
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon salt
- 1/2 teaspoon snipped fresh dill or dill weed
- 1/8 teaspoon cayenne pepper
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1/2 teaspoon sugar



1. Cook cabbage in boiling water just until outer leaves pull away easily from head. Set aside 12 large leaves for rolls. In a small bowl, combine the beef, pork, 1/2 cup tomato sauce, onion, rice, parsley, salt, dill and cayenne; mix well.
2. Cut out the thick vein from the bottom of each leaf, making a V-shaped cut. Place about 1/4 cup meat mixture on a cabbage leaf; overlap cut ends of leaf. Fold in sides. Beginning from the cut end, roll up. Repeat.
3. Slice the remaining cabbage; place in a Dutch oven. Arrange the cabbage rolls seam side down over sliced cabbage. Combine the tomatoes, sugar and remaining tomato sauce; pour over the rolls. Cover and bake at 350° until cabbage rolls are tender, 1-1/2 hours.

September 1 Paper
September 8 Commingled
September 15 Paper
September 22 Commingle
September 29 Paper
October 6 Commingled
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

September 11 12:30

October 2 12:30

November 13 12:30

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



Word Search



See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

**I'm never lonely because
I have four men in my life...**

I get up with *Charlie Horse*.
I spend the day with *Arthur Itis*.
I dine with *Will Power*,
and I go to bed
with *Ben Gay*...



I was at lunch
with an old
friend & pointed
to two elderly
ladies across the
room and said
"That will be us
in 10 years."
She said:
"That's a mirror."

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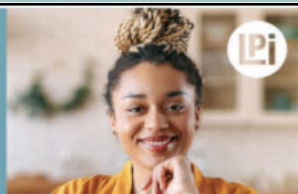
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IN THE SPOTLIGHT

SADDLE BROOK SUMMER CONCERT, FOREVER YOUNG, THUR. AUG. 3, 2023

