

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



OCTOBER 2023

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

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Nicholas Vander Plaats, Manager NJ LIC 4711



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CONTACT ME
Brian Oneill

boneill@lpicommunities.com

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Around The Town



SADDLE BROOK TROOP 213



EAGLE CARWASH

HAVE YOUR CAR WASHED TO BENEFIT THE MUSIC
DEPARTMENT



9/10/23, 9/17/23, 9/24/23, 10/8/23, 10/15/23

(DATES MAY CHANGE DUE TO WEATHER)

8AM-3PM

WASHINGTON SCHOOL PARKING LOT
255 MARKET ST, SADDLE BROOK, NJ



CHICKEN BINGO

NOVEMBER 5th

12:00 PM

TICKETS \$15

CALL JOE LECCE

PAPER RECYCLING EVENT

OCTOBER 7TH

9:00—1:00

55 MAYHILL STREET

4 BAGS—10 LB. LIMIT

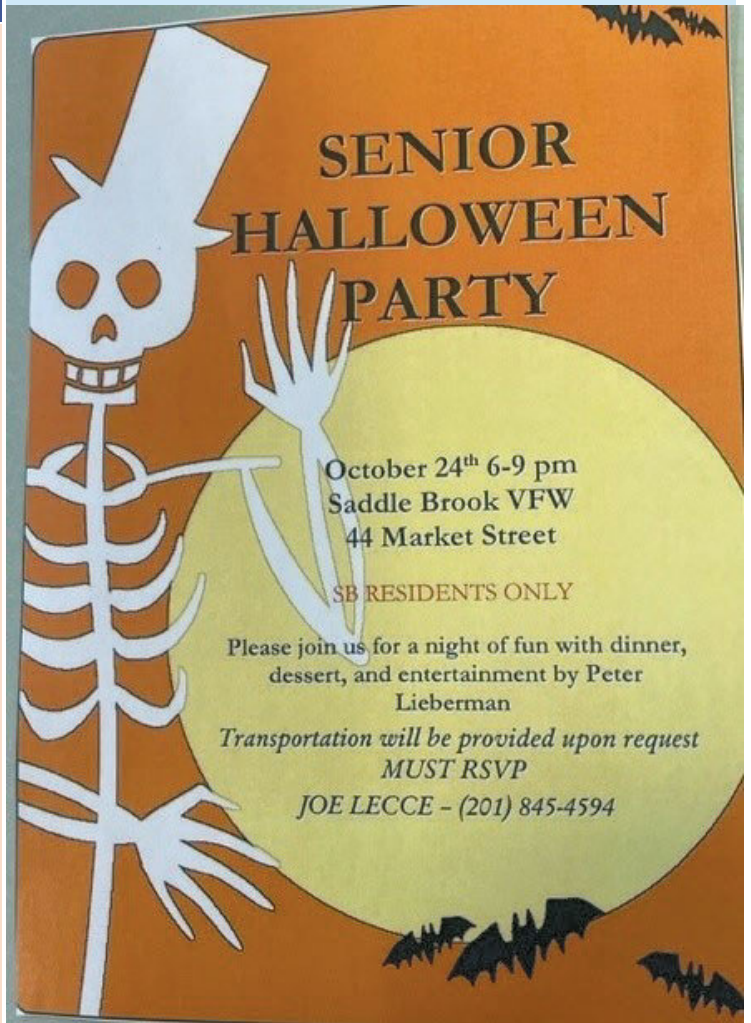
NO

BOOKS, MAGAZINES,

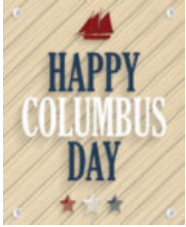
OR

NEWSPAPERS

WILL BE ACCEPTED



SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Line Dancing 10:00 AM AARP 12:30 PM	3 Exercise 10:15 AM	4 Bingo 12:45 PM Blood Pressure 12:00-1:00	5 Exercise 10:15 AM Happy Stitcheds 1:00PM	6 BINGO 12:45	7
8	9 CLOSED 	10 Exercise 10:15AM Senior Club 1:00 PM	11 BINGO 12:45	12 Exercise 10:45 AM Happy Stitches 1:00 PM Blood Pressure 9:30 –11:00	13 BINGO 12:45	14
15	16 Line Dancing 10:00 AARP 12:30 PM	17 Exercise 10:15 AM Senior Club 1:00 PM	18 BINGO 12:45	19 Exercise 10:15 Happy Stitches 1:00 PM	20 BINGO 12:45	21
22	23 Line Dancing 10:00	24 Exercise 10:15 AM	25 BINGO 12:45	26 Exercise 10:15 Happy Stitches 1:00PM	27 BINGO 12:45	
29	30 NO Line Dancing	31  Exercise 10-15AM				

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RECIPE AND SCHEDULE

1. Flatten chicken to 1/2-in. thickness. In a large shallow dish, combine 1/4 cup flour, salt and pepper. Add chicken, 1 piece at a time; turn to coat.

In a **large nonstick skillet** over medium heat, cook chicken in butter for 5-6 minutes on each side or until no longer pink. Remove and keep warm.

1. Add 1/3 cup broth to the pan, stirring to loosen browned bits. Bring to a boil. Add mushrooms; cook and stir for 3-5 minutes or until tender.

Combine the remaining flour and broth until smooth; stir into the mushroom mixture. Bring to a boil; cook and stir until thickened, about 2 minutes. Stir in lemon juice. Serve with chicken.

Lemon Mushroom Chicken

- 4 boneless skinless chicken breast halves (4 ounces each)
- 1/4 cup plus 2 teaspoons all-purpose flour, divided
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons butter
- 1/3 cup plus 3 tablespoons reduced-sodium chicken broth, divided
- 1/2 pound sliced fresh mushrooms

1 tablespoon lemon juice



October	6	Commingled
October	13	Paper
October	20	Commingled
October	27	Paper
November	3	Commingle



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

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

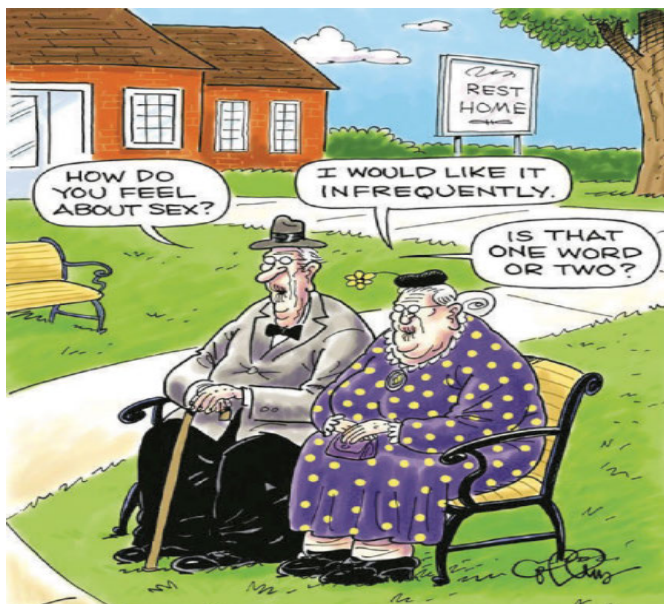
Fall Word Search Puzzle

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D	P	S	Z	Z	S	B	C	U	D	V	W	B	U	D
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U	L	R	Z	Y	E	I	U	B	F	I	F	U	V	A
Z	L	O	L	C	O	N	T	I	W	N	F	N	E	A
P	E	W	R	F	Z	T	S	T	I	E	Q	G	M	U
R	A	K	E	J	G	M	S	M	I	C	J	R	B	T
H	V	A	Z	C	H	R	K	M	Z	O	X	R	E	U
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CHESTNUTS
CORN
FALL
HARVEST
LEAVES
NOVEMBER
PUMPKIN
RAINCOAT
SCARECROW
SEASON
RAKE
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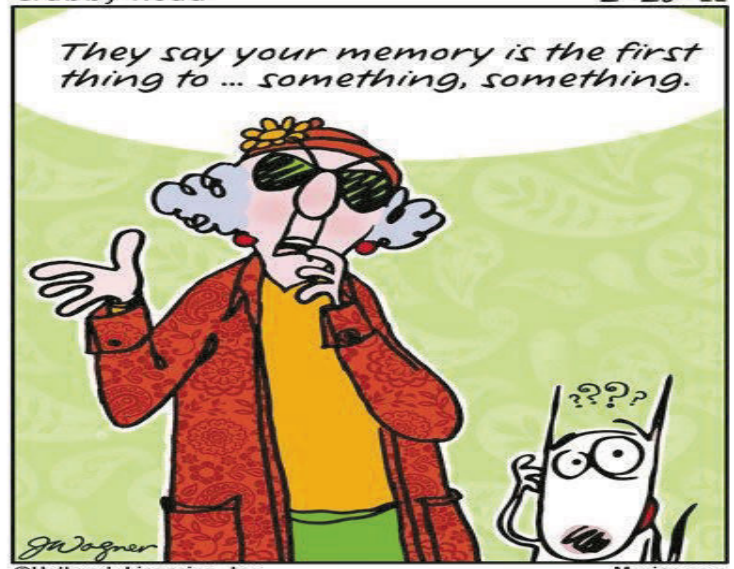


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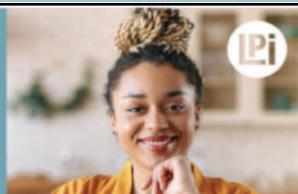
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IN THE SPOTLIGHT

SADDLE BROOK TOWNSHIP PICNIC 2023

