

# **SADDLE BROOK SENIOR CENTER**

**8 CALDWELL AVENUE**

**SADDLE BROOK, NJ 07663**

**(201)845-4594**

**Hours: 8:00—3:30**



## **FEBRUARY 2024**

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

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**Brian Oneill**

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# Around The Town



## TOWNSHIP OF SADDLE BROOK 2024 RECYCLING SCHEDULE

| RECYCLING SCHEDULE<br>DEPARTMENT OF PUBLIC WORKS<br>251 – 2 <sup>ND</sup> STREET<br>(201) 843-3064 | FRIDAY<br>COMMINGLED – C<br>Glass containers, aluminum,<br>plastics, steel and tin cans | FRIDAY<br>NEWSPAPER – N<br>Newspaper, magazines, paper and<br>broken cardboard |
|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| JANUARY                                                                                            | 12,26                                                                                   | 5,19                                                                           |
| FEBRUARY                                                                                           | 9, 23                                                                                   | 2,16                                                                           |
| MARCH                                                                                              | 8,22                                                                                    | 1,15,29                                                                        |
| APRIL                                                                                              | 5,19                                                                                    | 12,26                                                                          |
| MAY                                                                                                | 3,17,31                                                                                 | 10,24                                                                          |
| JUNE                                                                                               | 14,28                                                                                   | 7,21                                                                           |
| JULY                                                                                               | 12,26                                                                                   | 5,19                                                                           |
| AUGUST                                                                                             | 9,23                                                                                    | 2,16,30                                                                        |
| SEPTEMBER                                                                                          | 6,20                                                                                    | 13,27                                                                          |
| OCTOBER                                                                                            | 4,18                                                                                    | 11,25                                                                          |
| NOVEMBER                                                                                           | 1,15,29                                                                                 | 8,22                                                                           |
| DECEMBER                                                                                           | 13,27                                                                                   | 6,20                                                                           |

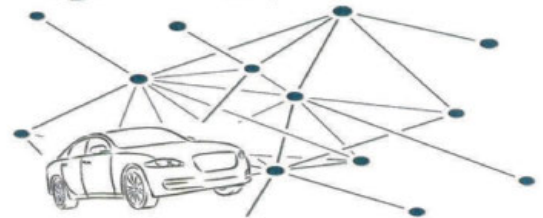
## NJDOT WINTER WEATHER SAFETY TIPS

Visit [511NJ.org](https://www.511NJ.org) for traffic updates.

-   
Check coolant levels.
-   
Replace worn wiper blades.
-   
Check tire pressure & tread.
-   
Keep your gas tank close to full.
-   
Slow down & use caution.




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### RIDE CONNECT PROGRAM

A Bergen County Age-Friendly Initiative

The "Ride Connect" program is designed to simplify the process by which seniors request transportation when calling Bergen County Community Transportation.

"Ride Connect" provides Bergen County residents, aged 60 and over, a one-stop travel information and trip planning service, provided by a Mobility Manager, to help seniors find information on available transportation options to senior centers, medical appointments, shopping, etc.

The process is simple. The Community Transportation operator works with the Mobility Manager to help seniors connect with the most accessible, reliable, and affordable option for their transportation needs. Options include County shuttles, local town buses, EZ Ride, NJ Transit, AccessLink (if eligible) and more.

To request this service, call the  
Bergen County Division of Community  
Transportation  
Monday to Friday, 9am to 2pm

**(201) 368-5955**



James J. Tedesco III  
Bergen County Executive

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# SADDLE BROOK SENIOR CENTER

| SUNDAY                                                                            | MONDAY                                                                                                            | TUESDAY                                         | WEDNESDAY                                                                                                                       | THURSDAY                                                                                                                             | FRIDAY                                                                                | SATURDAY  |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------|
|  |                                                                                                                   |                                                 |                                                                                                                                 | <b>1</b><br><b>Exercise</b><br><b>10:15 AM</b><br><b>Happy Stitches</b><br><b>1:00 PM</b>                                            | <b>2</b><br><b>BINGO</b><br><b>12:45</b>                                              | <b>3</b>  |
| <b>4</b>                                                                          | <b>5</b><br><b>Line Dancing</b><br><b>10:00</b>                                                                   | <b>6</b><br><b>Exercise</b><br><b>10:15 AM</b>  | <b>7</b><br><b>BINGO</b><br><b>12:45</b><br><b>Blood Pressure</b><br><b>12:00-1:00</b>                                          | <b>8</b> <b>Exercise</b><br><b>10:15 AM</b><br><b>Happy Stitches</b><br><b>1:00 PM</b><br><b>Blood Pressure</b><br><b>9:00-11:00</b> | <b>9</b><br><b>BINGO</b><br><b>12:45</b>                                              | <b>10</b> |
| <b>11</b>                                                                         | <b>12</b><br><b>CLOSED</b><br>  | <b>13</b><br><b>Exercise</b><br><b>10:15 AM</b> | <b>14</b><br><b>BINGO</b><br><b>12:45</b><br> | <b>15</b> <b>Exercise</b><br><b>10:15</b><br><b>Happy Stitches</b><br><b>1:00 PM</b>                                                 | <b>16</b><br><b>BINGO</b><br><b>12:45</b>                                             | <b>17</b> |
| <b>18</b>                                                                         | <b>19</b><br><b>CLOSED</b><br> | <b>20</b><br><b>Exercise</b><br><b>10:15 AM</b> | <b>21</b><br><b>BINGO</b><br><b>12:45</b>                                                                                       | <b>22</b> <b>Exercise</b><br><b>10:15</b><br><b>Happy Stitches</b><br><b>1:00PM</b>                                                  | <b>23</b><br><b>BINGO</b><br><b>112:45</b>                                            | <b>24</b> |
| <b>25</b>                                                                         | <b>26</b><br><b>Line Dancing</b><br><b>10:00</b>                                                                  | <b>27</b> <b>Exercise</b><br><b>10:15 AM</b>    | <b>28</b><br><b>BINGO</b><br><b>12:45</b>                                                                                       | <b>29</b> <b>Exercise</b><br><b>10:15</b><br><b>Happy Stitches</b><br><b>1:00PM</b>                                                  |  |           |

|                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>ADT-Monitored Home Security</b><br/>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> <li>Burglary</li> <li>Flood Detection</li> <li>Fire Safety</li> <li>Carbon Monoxide</li> </ul> <p> Authorized Provider <b>SafeStreets</b></p> <p><b>833-287-3502</b></p> | <p><b>WE'RE HIRING!</b><br/>AD SALES EXECUTIVES</p> <p>BE YOURSELF. BRING YOUR PASSION.<br/>WORK WITH PURPOSE.</p> <ul style="list-style-type: none"> <li>• Paid training • Some travel</li> <li>• Work-life balance</li> <li>• Full-Time with benefits</li> <li>• Serve your community</li> </ul> <p></p> <p>Contact us at<br/>careers@4ipi.com or<br/>www.4ipi.com/careers</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

# RECIPE AND SCHEDULE

## Easy Salisbury Steak



### INGREDIENTS

- 1/3 Cup Chopped Onion
- 1/4 Cup Crushed Saltines
- 1 Large egg white Lightly Beaten
- 2 Tablespoons 2% Milk
- 1 Tablespoon Prepared Horseradish
- 1/4 Teaspoon salt (optional)
- 1/8 Teaspoon Pepper
- 1 Pound lean ground beef(90% lean)
- 1 Jar (12 ounces ) beef gravy
- 1 1/2 Cups Sliced fresh mushrooms
- 2 tablespoons water
- Hot cooked noodles optional

- Directions**
- 1 in a large bowl combine the onions ,saltines ,egg white, milk, horseradish ,salt and pepper. Crumble over mixture . Shape into 4 oval patties
  - 2 In a large skillet over medium heat .cook patties until no pink remains and a thermometer reads 160 degrees 5-6 minutes per side
  - 3 Remove patties and keep warm. Add the gravy, mushrooms and water to skillet; cook until heated through 3-5 minutes Serve with patties and ,if desired noodles

February 2 Paper  
 February 9 Commingled  
 February 16 Paper  
 February 23 Commingled  
 March 1 Paper



### CLUBS FIRST MEETINGS

AARP MARCH 4

SENIOR CLUB MARCH 12

### 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

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 Red  
 Romantic  
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Chicken Scratch NY



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| R | O | M | A | N | T | I | C | Y | U | Y | O | F | I | T | F | F | E |
| L | A | S | O | P | O | R | P | Y | X | L | P | J | R | K | G | V | D |
| L | X | S | K | V | S | J | K | P | E | B | M | A | L | K | P | X | I |
| Z | Z | C | D | A | T | E | Q | H | D | E | W | K | F | Q | J | M | A |
| A | E | B | H | Y | Q | Q | Y | I | O | B | W | S | R | G | C | Q | M |
| B | C | A | L | O | F | W | E | C | E | H | P | D | I | M | W | S | O |
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| L | J | G | E | X | J | Y | L | N | F | I | A | C | D | U | Z | L | D |
| Y | E | O | S | E | E | A | E | A | V | E | D | A | N | E | R | E | S |
| C | M | W | O | F | A | I | R | Y | T | A | L | E | G | Q | S | N | H |
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# IN THE SPOTLIGHT

## Saddle Brook AARP Chapter 3785 and The Saddle Brook Senior Club Annual Holiday Christmas Party at the Venetian

