

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



APRIL 2024

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

Around The Town

TROOP 213



CLOTHING DRIVE

Donate used or new clothing/accessories to those in need.

Contact: Shirley Tovar 201-637-6219

Sat. March 16th & Sat. April 13th
55 Mayhill Street, Saddle Brook, NJ
10 am-3 pm

In honor of Women's History Month, Mayor Robert White recognized the following women. Rachel Adams-Duffy, Halina Strzepek, Sharon Hilla-Evanchuck, Dawn Pallotta, and Eileen Pinto. There was also special acknowledgement of Councilwomen Florence Mazzer and Councilwoman Sarah Sanchez. All of the women honored support our community and they are powerful role models.



Residents visited with the Saddle Brook Police Department during the March event "Coffee with a Cop" held at the Saddle Brook **DUNKIN' DONUTS** at 110 Market Street. The SBPD plans to host more events like this in order to create positive relationships with the community.

SADDLE BROOK SENIOR CENTER

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RECIPE AND SCHEDULE

Flavorful Lemon Chicken



- 1 teaspoon dried oregano
 - 1/2 teaspoon seasoned salt
 - 1/4 teaspoon pepper
 - 6 boneless skinless chicken breast halves (6 ounces each)
 - 2 teaspoons chicken bouillon granules
 - 1/4 cup boiling water
 - 3 tablespoons lemon juice
 - 1-1/2 teaspoons minced garlic
 - 1-1/2 cups sour cream
 - 2 teaspoons minced fresh parsley
- Hot cooked brown rice, optional

Combine the oregano, seasoned salt and pepper; rub over chicken. Place in a 3-qt. slow cooker.

In a small bowl, dissolve bouillon in boiling water. Stir in lemon juice and garlic. Pour over chicken. Cover and cook on low until chicken is tender, 4-5 hours.

Remove chicken and keep warm. Stir in sour cream and parsley; cover and cook until heated through, about 15 minutes. Serve chicken with sauce and, if desired, rice.

April	5	Commingled
April	12	Paper
April	19	Commingled
April	26	Paper
May	3	Commingled



AARP

• **May 6— 12:30**
Hight School Choraleers

• **June 10— 12:30**

• **July 1—12:30**

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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 Maria 973 931 1169

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IN THE SPOTLIGHT

The Saddle Brook Senior Center had its first Chicken Bingo event of the year Sunday, March 10, 2024. Thanks to the efforts of Senior Director Joe Lecce , Sandie Goodwin, Rose Paschek ,Howard Rofofsky and Christine Genuario the event was a tremendous success. The day went smoothly, and the participants had a great time playing Bingo and enjoyed a delicious Kentucky Fried Chicken lunch. Mayor Bob White and Councilwoman Flo Mazzer stopped by to join in the fun.

