

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



MARCH 2024

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

Around The Town

Saddle Brook Volunteer Ambulance Corps. Annual Fish and Chips Dinner

Tickets \$20

March 29, 2024

Fish or Chicken

4:30pm-7:00pm

55 Mayhill St.

Saddle Brook, NJ



For Tickets

call Tracey at 201-790-3750

or

email: Secretary@Saddlebrookvac.com

Spring Paper Goods Collection

NJ VFW District 2 Auxiliary is
collecting paper goods
(spring-themed plates, napkins,
cups, table cloths) for the Paramus
Veteran Home.

Collection ends 3/14/24. Donations can be dropped at
VFW Post 3484 (44 Market St., Saddle Brook, NJ
07663, box in rear entrance). Thank you!



Questions? Contact Kathleen Shundin at 201-430-6814/ shundink2@gmail.com



CHICKEN

BINGO

SUNDAY

MARCH 10

12: NOON

For Information Call

Joe Lecce

201 845 4594



SADDLE BROOK HIGH SCHOOL
PRESENTS

THE ADDAMS FAMILY

MARCH 8-10, 2023

GET TICKETS NOW!

VISIT: SBPSNJ.ORG/HIGHSCHOOL

CHARLES BROADHURST AUDITORIUM 355 MAYHILL STREET, SADDLE BROOK

SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 BINGO 12:45	2
3	4 Line Dancing 10:00	5 Exercise 10:15 AM	6 BINGO 12:45 Blood Pressure 12:00-1:00	7 Exercise 10:15 AM Happy Stitches 1:00 PM	8 BINGO 12:45	9
10 CHICKEN BINGO 12 NOON 	11 Line Dancing 10:00	12 Exercise 10:15 AM	13 BINGO 12:45	14 Exercise 10:15 Happy Stitches 1:00 PM Blood Pressure 9:00 -11:00	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 112:45	23
24	25 Line Dancing 10:00	26 Exercise 10:15 AM	27 BINGO 12:45	28 Exercise 10:15 Happy Stitches 1:00PM	29 CLOSED GOOD FRIDAY	30 Spring Celebration from 12-2 55 Mayhill Street
31 						

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- Ensures that wishes are expressed
- Prevents overspending and can lock in costs

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201-797-3500

Fair Lawn Location
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Franklin Lakes Location
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530 High Mountain Rd
Franklin Lakes
Nicholas Vander Plaats, Manager NJ LIC 4711



13-31 Saddle River Road
Fair Lawn

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Brian Oneill

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RECIPE AND SCHEDULE

Salmon with Spinach & White Beans



- 4 salmon fillets (4 ounces each)
- 2 teaspoons plus 1 tablespoon olive oil, divided
- 1 teaspoon seafood seasoning
- 1 garlic clove, minced
- 1 can (15 ounces) cannellini beans, rinsed and drained
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 package (8 ounces) fresh spinach

Lemon wedges

Preheat broiler. Rub fillets with 2 teaspoons oil; sprinkle with seafood seasoning. Place on a greased rack of a broiler pan. Broil 5-6 in. from heat 6-8 minutes or until fish just begins to flake easily with a fork.

Meanwhile, in a large skillet, heat remaining oil over medium heat. Add garlic; cook 15-30 seconds or until fragrant. Add beans, salt and pepper, stirring to coat beans with garlic oil. Stir in spinach until wilted. Serve salmon with spinach mixture and lemon wedges.

March	1	Paper
March	8	Commingled
March	15	Paper
March	22	Commingled
March	29	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 Maria 973 931 1169

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

EASTER WORD SEARCH

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

Easter	Jellybeans	Spring	Bonnet
Basket	Celebration	Candy	Fun
Bunny	Decorate	Hunt	Sunday
Hide	Chocolate	Lily	Parade
Eggs	Flowers	Chick	Lamb



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IN THE SPOTLIGHT

The Saddle Brook Women's Club surprised senior center bingo players with Valentine's treats. The chocolate kisses and homemade cookies were a special and everyone enjoyed them.

