

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



AUGUST 2024

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

Around The Town

Bergen County Executive
James J. Tedesco, III
and the
Bergen County Board of Commissioners
Together with Bergen County's
Department of Human Services, Division of Senior Services
Invite All Bergen County Seniors to Our



ANNUAL SENIOR FESTIVAL

Thursday, September 12, 2024

Rain Date: Tuesday, September 17, 2024

10:00 AM - 2:00 PM

Van Saun County Park, Paramus

If you are 60 years or older, join us for
a fun-filled day which will include:

Lunch • Music & Entertainment
Resource Tables • Much More!

REGISTRATION IS REQUIRED

For special accommodations, please contact - Katie Burke
Call: (201) 336-7417 or Email: seniors@co.bergen.nj.us

To register, scan the QR code or visit:

<https://bergencountyseniorfestival2024.eventbrite.com>



James J. Tedesco, III
Bergen County Executive

Bergen County Board of Commissioners

Germaine M. Ortiz, Chairwoman • Mary J. Amoroso, Vice Chairwoman • Dr. Joan M. Voss, Chair Pro Tempore
Rafael Marte • Thomas J. Sullivan • Steven A. Tanelli • Tracy Silva Zar

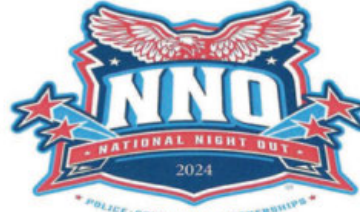


SAVE THE DATE!

TUESDAY, AUGUST 6, 2024

Saddle Brook Municipal Complex - 55 Mayhill Street

6:00 pm to 9:00 pm



Come join the Saddle Brook Police Department
for the Annual National Night Out!



Dunk tank, live music, and free food, including:
pizza, cotton candy, popcorn and more!



Join in the fun and take part in this community event, enhancing
the relationship between neighbors and law enforcement.



TOGETHER, WE ARE MAKING OUR COMMUNITY A SAFER,
MORE CARING PLACE TO LIVE AND WORK!

ANNUAL TOWNSHIP PICNIC

AUGUST 24th

12:00—4:00 p.m.

Otto Pehle Park



ST. PHILIP THE APOSTLE CHURCH

SUMMER

FESTIVAL of FUN

488 SADDLE RIVER ROAD • SADDLE BROOK, NJ

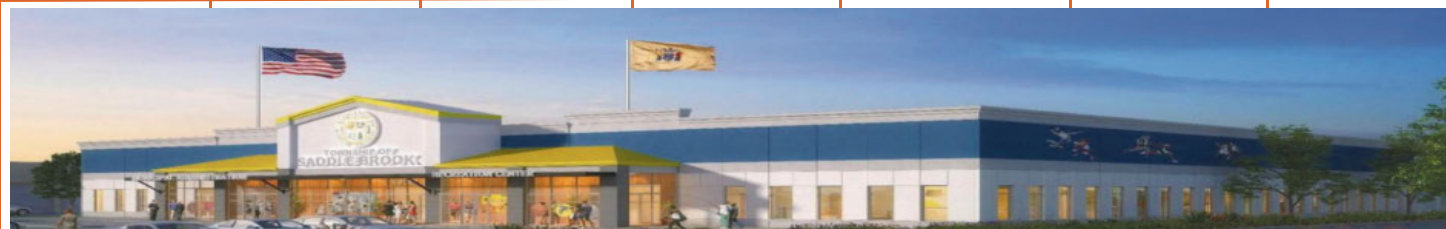
AUGUST 21-25

Join Mayor White & Township
Council for an afternoon of fun,
musical performances, food, and
friends.

Rain date August 25th

SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Exercise 10:15 Happy Stitches 1:00PM	2 BINGO 12:45	3
4 CHICKEN BINGO 12 noon 	5 Line Dancing 10:00 AARP 12:30 LUNCH	6 Exercise 10:15 AM	7 BINGO 12:45 BLOOD PRESSURE 12:00-1:00	8 Exercise 10:15 AM Happy Stitches 1:00 PM BLOOD PRESSURE 9:00- 11:00	9 BINGO 12:45	10
11	12 Line Dancing 10:00	13 Exercise 10:15 AM Senior Club Club 1:00PM	14 BINGO 12:45	15 Exercise 10:15 Happy Stitches 1:00 PM	16 BINGO 12:45	17
18	19 Line Dancing 10:00	20 Exercise 10:15 AM	21 BINGO 12:45	22 Exercise 10:15 Happy Stitches 1:00PM	23 BINGO 112:45	24 TOWN PICNIC 12:00-4:00 
25	26 Line Dancing 10:00	27 Exercise 10:15 AM	28 BINGO 12:45	29 Exercise 10:15 Happy Stitches 1:00PM	30 BINGO 12:45	



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

*WE'RE ALL ABOUT FAMILY;
AND HAVE BEEN FOR THREE GENERATIONS*

Why preplan with *us*?

If you appreciate peace of mind, you'll understand why it makes sense to preplan with us. We know of no other policies that work as this:

- Spares your family from making detailed decisions at an emotional time
- Ensures that wishes are expressed
- Prevents overspending and can lock in costs

We're experts at preplanning, and know all of the issues that may arise. Call us, you'll be glad you did.

201-797-3500

Fair Lawn Location

www.vpfairlawn.com

Franklin Lakes Location

201-891-4770

www.vpmemorial.com



530 High Mountain Rd
Franklin Lakes

Nicholas Vander Plaats, Manager NJ LIC 4711



13-31 Saddle River Road
Fair Lawn

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Brian Oneill

boneill@lpicommunities.com

(800) 888-4574 x3410

**The
Senior Residence**
at St. Peter the Apostle
River Edge, NJ
201-225-0707
www.StPetersResidence.org

*Di Chiara
Funeral Home*

**Family owned and
operated since 1951**

973-779-2386

300 Main Street, Lodi, NJ 07644
www.dichiarafuneralhome.com

Albert J. Di Chiara, Mgr.
NJ Lic No. 4374



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Saddle Brook Senior Ctr., Saddle Brook, NJ 03-1148

RECIPE AND SCHEDULE

Stuffed Peppers for Two

- 2 Medium green peppers
- 1/2 pound ground beef
- 1 can (8 ounces)tomato Sauce divided
- 1/4 cup uncooked instant rice
- 3 tablespoons shredded cheddar cheese divided
- 1 tablespoon chopped onion
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon salt 1/2 teaspoon pepper
- 1 large egg beaten



1 cut topos off peppers and discard; remove seeds ,blanch peppers in Boling water for 5 minutes drain and rinse in cold water, set aside

2 in a bowl ,combine beef 1/4 cup tomato sauce, rice 2 tablespoons cheese, onion, Worcestershire sauce, salt ,pepper and egg ; mix well stuff the peppers; place in an ungreased 1 1/2 qt baking dish .pour the remaining tomato sauce over pep-pers .cover and bake at 350 for 45-60 minutes or until meat is no longer pink and pep-pers are tender

3 Sprinkle with remaining cheese; return to oven for 5 minutes until cheese is melted

August	2 Paper
August	9 Commingled
August	16 Paper
August	23 Commingled
August	30 Paper



<u>AARP</u>		
August	5	12:30
September	9	12:30
October	7	12:30
November	4	12:30

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.

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

AC CASINO TRIPS: Call Maria 973 931 1169

WORD WISE

PICNIC TIME

Word Search Puzzle



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



ANTS	GRASS	POTATO SALAD
BASKET	HOT DOGS	SANDWICH
BLANKET	ICE CREAM	SODA POP
CAKE	KETCHUP	SUMMER
CHICKEN	LEMONADE	SUNSHINE
COLESLAW	NAPKINS	TABLECLOTH
FRUIT	OUTING	THERMOS
GRAPES	PLATES	WATERMELON

Patrick J. Conte

Funeral Home Inc.

Stephen P. Conte, Jr. Manager

NJ Lic No. 3785



201-796-0060

274 Market St. • Elmwood Park

**SUPPORT OUR
ADVERTISERS!**

Kessler[®] INSTITUTE FOR REHABILITATION

A Select Medical Hospital



Your local hospital, nationally ranked.

Specialized programs

Stroke | Brain injury | Spinal cord injury | Cancer
Orthopedic trauma | Amputation | Medically complex
Neurologic conditions | Cancer | Cardiac recovery

201.368.6000 | kessler-rehab.com



#3 in the
nation
and #1 in
New Jersey

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD
CREATOR
STUDIO



lpicommunities.com/adcreator

The only thing more incredible than our food, are our affordable prices

Barcelona's Restaurant & Bar

PIZZERIA • STEAKS • SPAGHETTI • HOT GARLIC BREAD

Family owned for over 75 years | 38 Harrison Avenue, Garfield, NJ

973-772-6960 • www.barcelonasnj.com • 973-778-4930

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

OUR COMMUNITY
NEWSLETTER
OCTOBER EDITION



Engaging,
ad-supported
print and digital
newsletters to reach
your community.

Visit lpicommunities.com



Scan to
contact us!

PAUL WIENER PHYSICAL THERAPY

Paul Wiener, PT, DPT, CEEAA

Home Care Physical Therapy Available • Practice limited to Medicare

Certified Exercise Expert for the Aging Adult Through The Academy of Geriatrics American Physical Therapy Association

87 Summit Ave, 2nd Floor
Hackensack, NJ 07601

23-00 Route 208 South, Ste 2-6 2nd Floor
Fair Lawn, NJ 07410

Tel: 201-956-4188 • Fax: 201-880-4893

Helping Hands for Homeowners

**The easy, trusted way for
people 65+ to care for
their home.**

Use Umbrella for things like:

- Light electrical & plumbing
- Painting touch-ups
- Home organizing
- Garage cleanup
- Yardwork
- AC installation
- & much more!

 **umbrella**



Limited Time Offer:
Get your first hour free!
Mention code: SBSC

973-200-4499 • AskUmbrella.com/SBSC



**FREE
AD DESIGN**
with purchase
of this space

CALL 800-477-4574



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Saddle Brook Senior Ctr., Saddle Brook, NJ 03-1148

IN THE SPOTLIGHT

The SBPD held another successful "Coffee with a Cop" event on Saturday, July 13, 2024, at Starbucks on Market Street.

Thank you Starbucks!!!



On July 9, 2024, the Saddle Brook Senior Club celebrated Rita Vissa's 102nd birthday. Rita has been a club member for over 20 years and still actively participates in meetings and events. During the celebration, the club enjoyed cake and sang Happy Birthday to Rita. Mayor White was in attendance and presented her with a certificate of achievement and a bouquet of flowers.

