

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



July 2024

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

Around The Town



On Tuesday, June 18, 2024, Howard Weinberg Memorial Bench Dedication took place at the Saddle Brook Municipal Complex. Family, friends, and public officials gathered to honor the memory of Howard Weinberg, a dedicated teacher at the [Saddle Brook School District](#) and the Coordinator of the [Saddle Brook Community Partnership](#) Committee. Howard's contributions have left a lasting impact on our community. It's important to recognize the crucial role of Howard's family and friends in preserving his life and legacy. Acknowledgment must be given to his wife, Jina, for her outstanding initiative in establishing a Howard Weinberg High School Scholarship Fund. We also extend our thanks to the students from Saddle Brook Middle High School for their efforts in raising funds to purchase the bench.



SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Line Dancing 10:00 AARP 12:30	2 Exercise 10:15 AM	3 BINGO 12:00 BLOOD PRESSURE 12:00-1:00	4 CLOSED 	5 BINGO 12:45	6
7	8 Line Dancing 10:00	9 Exercise 10:15 AM Senior Club 1:00 PM	10 BINGO 12:45	11 Exercise 10:15 AM Happy Stitches 1:00 PM BLOOD PRESSURE 9:00- 11:00	12 BINGO 12:45	13
14	15 Line Dancing 10:00	16 Exercise 10:15 AM	17 BINGO 12:45 Music Concert 55 Mayhill Street 7PM	18 Exercise 10:15 Happy Stitches 1:00 PM	19 BINGO 12:45	20
21	22 Line Dancing 10:00	23 Exercise 10:15 AM	24 BINGO 12:45	25 Exercise 10:15 Happy Stitches 1:00PM	26 BINGO 11:2:45	27
28	29 Line Dancing 10:00	30 Exercise 10:15 AM	31 BINGO 12:45			



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RECIPE AND SCHEDULE

Seasoned Tilapia Fillets



- 2 Tilapia Fillets (6 once's each)**
- 1 Tablespoon butter melted**
- 1 Teaspoon Montreal steak season**
- 1/2 Teaspoon diced parsley flakes**
- 1/4 Teaspoon paprika**
- 1/4 Teaspoon dried thyme**
- 1/8 Teaspoon onion powder**
- 1/8 Teaspoon salt**
- 1/8 Teaspoon pepper**
- Dash garlic powder**

- **1. Preheat oven to 425°. Place tilapia in a greased 11x7-in. baking dish; drizzle with butter. In a small bowl, mix remaining ingredients; sprinkle over fillets.**
- 2. Bake, covered, 10 minutes. Uncover; bake until fish just begins to flake easily with a fork, 5-8 minutes**

July	5	Paper
July	12	Commingled
July	19	Paper
July	26	Commingled
August	2	Paper



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.

AARP

July	1	12:30
August	5	12:30
September	9	12:30
October	7	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

AC CASINO TRIPS: Call Maria 973 931 1169

WORD WISE

4TH OF JULY WORD SEARCH

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

America

Fireworks

Independence

Red

United

Blue

Flag

July

Sparklers

White

Britain

Fourth

Liberty

Stars

Celebrate

Freedom

Parade

Stripes

Declaration

Holiday

Picnic

Summer

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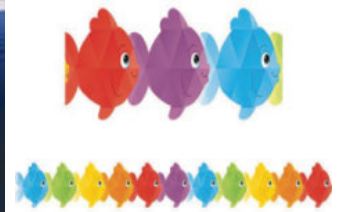
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IN THE SPOTLIGHT



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