

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



**IN HONOR
AND REMEMBRANCE**

SEPTEMBER 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 Silina Zar

PUT ON YOUR DANCING SHOES AND GET YOUR GROVE ON

Beginning September 16th the Senior Center Line Dancing Class is offering a beginners class at 9:30 a.m. This class will run prior to the regularly scheduled line dancing class which is at 10:00 a.m. We are waiting for YOU to join us.



9/11 Remembrance Ceremony



9/11 Remembrance Ceremony September 11, 2024

Saddle Brook Town Hall
55 Mayhill Street
5:30 p.m.

TIME TO SHRED IT!!

The Township Annual
Paper Shredding Event
September 28

9:00 a.m.—1:00 p.m.
Town Hall Parking Lot

55 Mayhill Street

Saddle Brook Residents only!



SADDLE BROOK SENIOR CENTER

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

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RECIPE AND SCHEDULE

Oven-Baked Omelette

Ingredients

- 9 large eggs
- 1/2 cup sour cream
- 1/2 cup whole milk
- 1 teaspoon kosher salt
- 1/4 teaspoon coarse ground black pepper
- 2 green onions , chopped
- 1 cup shredded cheddar cheese , divided
- 1 green bell pepper , diced
- 1 cup ham , chopped



Instructions

Preheat oven to 350 degrees and spray a 9x13 baking dish with vegetable oil spray. In a large bowl whisk together eggs, sour cream, milk, salt, pepper, green onions, 1/2 cup cheddar cheese, bell pepper, and ham. Pour into a baking dish and bake for 20-25 minutes. Top with remaining 1/2 cup cheese and bake for 5 minutes.

August	30	Paper
September	6	Commingled
September	13	Paper
September	20	Commingled
September	27	Paper



<u>AARP</u>		
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



Word Search

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

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

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IN THE SPOTLIGHT



NEW SADDLE BROOK POLICE OFFICERS GRADUATE FROM POLICE ACADEMY

Congratulations to our 3 new Saddle Brook Police Officers, Nicholas Genuario, Phoenix Marchesani and Oskar Rusek on their graduation from the Bergen County Police Academy.

MEALS ON WHEELS

Bergen County Meals on Wheels is a program designed to enable homebound and disabled adults to remain in their community with independence and dignity. A nutritionally balanced meal is delivered to eligible individuals who are unable to prepare their own meals or shop for food, and do not have anyone to prepare meals or shop for them. There are a number of home delivered meal programs in Bergen County. Residents are served through government or non-profit agencies.

Persons who meet the following criteria may be eligible for enrollment: Bergen County Resident, Age 60 years and older, age 18-59 with a disability and living alone, Homebound and unable to shop and/or prepare a nutritious meal for oneself, Receives in-home assistance for no greater than 4 hours per day, Does not require a special diet

Weekday meals, Monday – Friday. Clients have a choice between the Hot Meal Plan or the Frozen Meal plan:

Hot Meal Plan: One hot meal delivered each weekday Monday – Friday

Frozen Meal Plan: Five fully cooked, flash frozen meals delivered once a week on a specified day.

CALL FOR INFORMATION CALL THE COUNTY OFFICE (201) 336-7420



REMINDER!

DEADLINE TO APPLY FOR THE NEW JERSEY SENIOR FREEZE TAX REIMBURSEMENT IS OCTOBER 31, 2024. TO SEE IF YOU QUALIFY, CALL THE SENIOR FREEZE HOTLINE AT 1(800)882-6597 OR VISIT THE NJ DIVISION OF TAXATION REGIONAL INFORMATION CENTER IN FAIR LAWN AT 22-08 ROUTE 208 SOUTH.