

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



OCTOBER 2024

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

Around The Town

RETIREMENT RECOGNITION CEREMONY FOR SADDLE BROOK POLICE CHIEF ROBERT J. KUGLER



Police Chief Kugler was honored at the Township's council meeting on September 19, 2024, for his 40 years of service to the Saddle Brook Police Department. Recently, the Chief had publicly announced his retirement effective October 1, 2024. The Chief spoke at the meeting and expressed gratitude for serving as a police officer for nearly 40 years, including 30 years as the Chief of Police. He extended his heartfelt thanks to the Mayor, the Council, all former Mayors, elected officials, and the dedicated police officers and professionals he had the honor and privilege of working with over the course of his career. He also expressed sincere and genuine appreciation to all the residents of Saddle Brook for the honor and trust they placed in him to serve them. Mayor Bob White presented the Chief with a plaque on behalf of himself and the Township Council members. The mayor praised the Chief for his outstanding achievements throughout his years with the department. Several community members took to the podium to give their heartfelt appreciation for the Chief's dedicated service and extend warm wishes for a fulfilling retirement. The Township extends its best wishes to Chief Kugler for a long and happy re-

PUT ON YOUR DANCING SHOES AND GET YOUR GROOVE ON

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



SENIOR HALLOWEEN PARTY

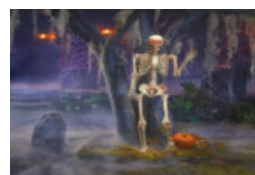
JOIN US FOR DINNER, DESSERT, AND
ENTERTAINMENT BY PETER LIEBERMAN

OCTOBER 29th 6-9 pm.

SADDLE BROOK VFW

TRANSPORTATION AVAILABLE UPON REQUEST
MUST RSVP

(201) 845-4594



SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Exercise 10:15 AM	2 BINGO 12:45	3 Exercise 10:15 Happy Stitches 1:00PM	4 BINGO 12:45	5
6	7 Beginner line dancing 9:30 Line Dancing 10:00	8 Exercise 10:15 AM	9 BINGO 12:45 BLOOD PRESSURE 12:00-1:00	10 Exercise 10:15 AM Happy Stitches 1:00 PM BLOOD PRESSURE 9:00– 11:00	11 BINGO 12:45	12
13	14 Closed for Columbus Day	15 Exercise 10:15 AM Senior Club Club 1:00PM	16 BINGO 12:45	17 Exercise 10:15 Happy Stitches 1:00 PM	18 BINGO 12:45	19
20	21 Beginner line dancing 9:30 Line Dancing 10:00	22 Exercise 10:15 AM	23 BINGO 12:45	24 Exercise 10:15 Happy Stitches 1:00PM	25 BINGO 112:45	26
27	28 Beginner line dancing 9:30 Line Dancing 10:00	29 SENIOR HALLOWEEN PARTY	30 BINGO 12:45	31 Exercise 10:15 Happy Stitches 1:00PM 		

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RECIPE AND SCHEDULE

Butternut Squash Pastasotto

Ingredients: 2 pounds butternut squash, peeled, seeded and cut into 1-inch cubes Kosher salt and freshly ground black pepper 4 tablespoons olive oil 6 tablespoons unsalted butter, cut into cubes 10 whole fresh sage leaves, plus 1 tablespoon chopped fresh sage Half a small onion, finely chopped 1 pound pasta 1 1/2 cups dry white wine 3 1/2 cups low-sodium chicken broth 3/4 cup grated Parmesan 1/4 cup walnuts, toasted and chopped, optional.

Directions: Preheat the oven to 425 degrees F. Toss the butternut squash with 2 tablespoons oil, 1/2 teaspoon salt and a few grinds of pepper on a baking sheet and bake, tossing halfway through, until tender and golden brown, about 30 minutes. Meanwhile, heat the butter and remaining 2 tablespoons oil in a large heavy bottom pot over medium-high heat until the butter has melted. Add the whole sage leaves and fry until crispy, but still vibrant green, about 3 minutes. Use tongs to remove them to a paper towel-lined plate. Add the onion to the pot and cook, stirring frequently to make sure the butter does not burn, until tender and fragrant, 3 to 5 minutes. Add the pasta and stir to coat in the butter and onions. Toast the pasta in the pan, stirring frequently, until golden brown in spots, about 4 minutes. Pour in the wine and cook, stirring frequently, until the liquid has been absorbed, about 5 minutes. Add 1 cup broth, and cook, stirring frequently, until absorbed, about 5 minutes. Repeat 2 more times until all the broth is absorbed and the pasta is cooked to al dente. Fold in the butternut squash, chopped sage, Parmesan, 1 1/2 teaspoons salt and a few grinds of pepper and stir until combined and creamy. Garnish with fried sage leaves and walnuts if using.



September	27	Paper
October	4	Commingle
October	11	Paper
October	18	Commingle
October	25	Paper



		<u>AARP</u>
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

HALLOWEEN WORD SEARCH

Halloween

October

Spooky

Scary

Ghost

Vampire

Werewolf

Witch

Zombie

Skeleton

Monster

Black

Orange

Candy

Trick or Treat

Haunted House

Jack O' Lantern

Boo

Spider

Bats

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

Chicken Scratch NY

Why did the ghost have to leave the Halloween party early?

Why are skeletons so calm ?

How do you med a broken jack—o' lantern ?



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IN THE SPOTLIGHT



**GET WELL SOON.
FEEL BETTER.
WE MISS YOU!**



Mayor Robert White & Council, co-workers, and friends from the senior center, wish to recognize Director Joseph Lecce. Joe is missed dearly and we wish him a speedy recovery. Please keep our friend in your thoughts and prayers.