

SADDLE BROOK SENIOR CENTER
8 CALDWELL AVENUE
SADDLE BROOK, NJ 07663
Tel: (201) 845-4594 - Open: 8:00—3:30



DECEMBER 2024

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

AROUND THE TOWN

On Monday, November 11th, Saddle Brook VFW Post 3484 held their annual Veterans Day Service at VFW Circle, Saddle River Road and Mayhill Street. The ceremony is intended to honor and thank all who served in the United States Armed Forces. God Bless all those who served and those currently serving.



SADDLE BROOK ORDINANCE #1759-24

RESIDENTS ARE REQUIRED TO HAVE GARBAGE CANS WITH LIDS (ATTACHED OR UNATTACHED). ANY GARBAGE CAN PLACED AT THE CURB FOR COLLECTION ON PICK UP DAYS MUST BE PLACED IN A TRASH CAN WITH A LID.



Recreation Fitness Center

Hours of operation

7:00 a.m. until 9:00 p.m.



LIMITED SUPPLY STILL AVAILABLE AT

TOWN HALL MAIN LOBBY

LIMIT 10 PER HOUSEHOLD



SENIOR CENTER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	2 Line Dancing Beginner 9:30 Regular 10:00 AARP 12:30	3 Exercise 10:15 . Senior Club 1:00	4 BINGO 12:45	5 Exercise 10:15 Happy Stitchers 1 pm	6 BINGO 12:45	7
8	9 Line Dancing Beginner 9:30 Regular 10:00	10 Exercise 10:15	11 BINGO 12:45	12 Exercise 10:15 Happy Stitchers 1 pm	13 BINGO 12:45	14
15	16 Line Dancing Beginner 9:30 Regular 10:00	17 Exercise 10:15 Blood Pressure 10:30—1 Senior Club 1:00	18 BINGO 12:45	19 Exercise 10:15 Happy Stitchers 1 pm	20 BINGO 12:45	21
22	23 Line Dancing Beginner 9:30 Regular 10:00	24 CLOSED HOLIDAY	25 	26 Exercise 10:15 Happy Stitchers 1:00	27 BINGO 12:45	28
29	30 Line Dancing Beginner 9:30 Regular 10:00	31 Exercise 10:15				

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RECIPE AND SCHEDULE

Crustless Spinach Quiche

- 1 cup chopped onion
- 1 cup sliced fresh mushrooms
- 1 tablespoon canola oil
- 1 package (10 ounces) frozen chopped spinach, thawed and well drained
- 2/3 cup finely chopped fully cooked ham
- 5 **large Eggs**
- 3 cups shredded Muenster or Monterey Jack cheese
- 1/8 teaspoon pepper



In a large skillet, sauté onion and mushrooms in oil until tender. Add spinach and ham; cook and stir until the excess moisture is evaporated. Cool slightly. Beat eggs; add cheese and mix well. Stir in spinach mixture and pepper; blend well. Spread evenly into a greased 9-in. pie plate or quiche dish. Bake at 350° for 40-45 minutes or until a knife inserted in center comes out clean.

DECEMBER RECYCLING SCHEDULE

Commingled: 13, 27

Paper: 6, 20



AARP Meeting December 2 at 12:30

High School Musical Performance



Saddle Brook Stiches are looking for donations of yarn. If you or someone you know would like to donate yarn, please call the center (201) 845-4594.



Do you need a ride?

The Saddle Brook Senior Bus offers rides to doctors offices on Monday, Tuesday, Wednesday, and Friday. Food shopping transportation is available on Thursday and for Bingo on Wednesday and Friday . **Call for your reservation (201) 845-4594.**

WORD WISE

Holiday Tunes

Away in a Manger
Choir of the Bells
Dominick the Donkey
Frosty the Snowman
Holly Jolly Christmas
Jingle Bell Rock
Jingle Bells
Let it Snow
Little Drummer Boy
Little St Nick
O Holy Night
Rudolph
Santa Baby
Silent Nigh
Silver Bells
The Christmas Song
The First Noel
Winter Wonderland

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

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IN THE SPOTLIGHT



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(ADRC)**

Bergen County
Department of Human Services
Division of Senior Services



Senior Chair Yoga Poses

Extended Mountain Pose



Forward Fold



Cat/Cow



Spinal Twist



Hamstring Stretch



Lunge Stretch



Pigeon Pose

