

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



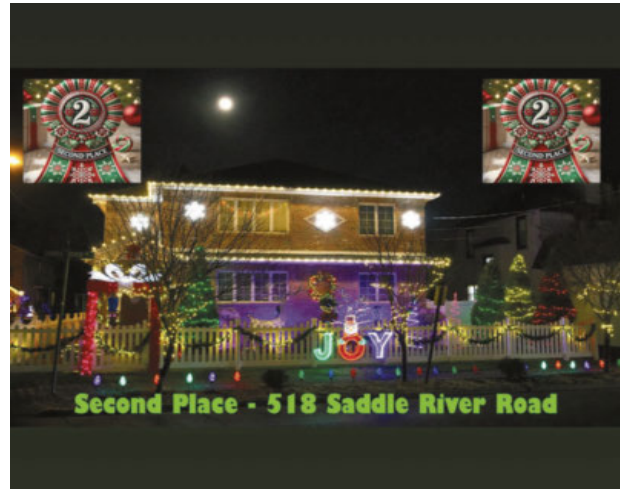
**JANUARY 2025**

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

# AROUND THE TOWN

## Holiday Home Decorating Contest

The results are in for the Saddle Brook Township Christmas Holiday Decorating Contest. Thank you to all residents who entered the contest. All winners will receive a gift in the mail. Congratulations to the three winners!



Thank you to the Saddle Brook Volunteer Fire Department for driving Santa around town on December 21st. In spite of the very cold weather, Santa and his helpers had a jolly time. Generations of residents look forward to the annual tradition.



# SENIOR CENTER CALENDAR

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

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

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[www.vpmemorial.com](http://www.vpmemorial.com)



530 High Mountain Rd  
Franklin Lakes

Nicholas Vander Plaats, Manager NJ LIC 4711



13-31 Saddle River Road  
Fair Lawn

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**Donna Delgrosso**

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# RECIPE AND SCHEDULE

## Healthy-ish tuna veggie casserole

- 1 (12-ounce) bag whole-wheat egg noodles
- 2 (5-ounce) cans tuna, drained
- 2 (10 ¾-ounce) cans cream of mushroom soup
- 2 cups frozen veggies, like peas, broccoli, carrots, or a combination
- ½ cup milk
- 1 cup shredded cheddar cheese
- 8 buttery crackers, like Ritz



Preheat oven to 350 F and grease a 3-quart casserole dish or 13-by-9-inch pan.. Cook whole-wheat noodles according to package directions; drain thoroughly.. Mix the warm cooked noodles with tuna, soup, veggies, milk, and cheese. Season with salt and pepper as desired (you can add some red pepper flakes for a kick). Spoon into your prepared pan. Crush up your crackers into small chunks and spread over the top. Feel free to add some more shredded cheese! Bake for 20 minutes until golden, bubbly, and beginning to brown.

## JANUARY RECYCLING SCHEDULE

Commingled: 10 & 24

Paper: 3,17, & 31

**Saddle Brook Stiches are looking for donations of yarn. If you or someone you know would like to donate yarn,**



### **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

## JANUARY

### WORD SEARCH

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

NEW YEAR  
WISHES  
BELLS  
MEMORIES

JANUARY  
BUCKET LIST  
FAMILY  
HAPPINESS

HEALTH  
BLESSINGS



**Patrick J. Conte**

**Funeral Home Inc.**

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2024-2025

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# IN THE SPOTLIGHT

## BIRTHDAY CELEBRATION 100 YEARS

On December 10, 2024, the Saddle Brook Senior Club celebrated Angie Karcich's 100th birthday. Angie has been a club member for decades and still actively participates in meetings and events. During the celebration, the club sang Happy Birthday and enjoyed cake. Mayor White attended with Angie's family and friends and presented her with a certificate of achievement and a bouquet of flowers. Wishing Angie continued happiness and good health.



Congratulations to Police Officers Douglas Habermann and Giuseppe Califano. They were promoted to the rank of captain before the Township Council meeting on December 19, 2024. Mayor White Administered the oaths of office in the presence of their families, friends, and fellow officers.

