

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



MARCH 2025

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

AROUND THE TOWN

AARP FOUNDATION TAX-AIDE

Get your taxes done for free

Saddle Brook Free Public Library 340 Mayhill
Street

Thursdays, & Fridays

February 6th until April 11

For an appointment call (201) 843-3287

REMINDER

BEGINNING IN MARCH 11th ALL SENIOR
CENTER ACTIVITIES WILL BE HELD AT
THE SADDLE BROOK RECREATION CENTER

55 MAYILL STREET

FOR MORE INFORMATION PLEASE CALL
(201) 845-4594



Photos from left to right: Mayor White recognized **Dr. Michael Wiener** for providing over 44 years of medical service to the Saddle Brook Community. Dr. Wiener's new office is located at 1124 East Ridgewood Ave. (201) 881-7282.

Howard J. Mulder was honored for dedicating over 60 years of service to the Township of Saddle Brook, as a Volunteer Fire Fighter and President of the Saddle Brook Library Board. Howard was also an employee of the Saddle Brook Board of Ed. Transportation Department and Board Trustee.

Reny Easaw, Saddle Brook Mail Carrier, was recognized for his selfless act of courage. Reny assisted a motorist experiencing a medical emergency.

THANK YOU!

THE SADDLE BROOK WOMEN'S CLUB



GENEROUSLY PREPARED VALENTINE'S DAY

COOKIES & CHOCOLATES IN GIFT BOXES FOR THE SENIORS.

EVERYONE ENJOYED THE THOUGHTFUL AND DELICIOUS TREATS.



SENIOR CENTER CALENDAR

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

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530 High Mountain Rd
Franklin Lakes

Nicholas Vander Plaats, Manager NJ LIC 4711



13-31 Saddle River Road
Fair Lawn

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RECIPE AND SCHEDULE

Irish Soda Bread in a Flash

Ingredients

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/4 cup butter, cut into small pieces
- 1 cup of buttermilk

Instructions

1. Preheat oven to 400°F (200°C).
 2. In a large bowl, whisk together flour, baking soda, and salt.
 3. Add butter and rub into flour mixture until crumbly.
 4. Make a well in the center and pour in buttermilk.
 5. Mix until dough comes together in a shaggy mass.
 6. Turn dough out onto a floured surface and knead a few times.
 7. Shape into a round loaf and place on a baking sheet.
 8. Cut a cross in the top of the loaf.
 9. Bake for 35-40 minutes, or until golden brown.
- Cool on a wire rack for at least 10 minutes before slicing.



**DO YOU NEED A RIDE TO THE DOCTOR OR
FOOD SHOPPING? CALL (201) 845-4594**

The Saddle Brook Senior Bus offers transportation to:

Doctors offices - Monday, Tuesday, Wednesday, and Friday

Food shopping -Thursday

Bingo - Wednesday and Friday Call for your reservation (201) 845-4594.

MARCH RECYCLING SCHEDULE

7th Commingled

14th Newspaper

21st Commingled

28th Newspaper

RIDDLE

**Where can you always find “Gold”,
but there is no gold at all?**

WORD WISE

MARCH IS WOMEN'S HISTORY MONTH



Can you find the
famous females below?

American aviation pioneer Amelia
Earhart was the first female pilot to
fly solo across the Atlantic Ocean

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

Josephine Baker
Clara Barton
Amelia Earhart
Joan of Arc

Mother Jones
Billie Jean King
Annie Oakley
Georgia O'Keeffe

Sally Ride
Sacagawea
Sojourner Truth

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IN THE SPOTLIGHT

October 17, 1943—February 13, 2025

In loving memory of Joseph Lecce, a friend who left a legacy of laughter and lasting friendship. We miss Joe and are thankful for the love he spread throughout our community.

