

SADDLE BROOK SENIOR NEWS
55 MAYHILL STREET
SADDLE BROOK, NJ 07663
Tel: (201) 845-4594 - Open: 8:30-2:00



June 2025

Senior Activities are available for seniors age 55 years and older

AROUND THE TOWN

SENIOR WELLNESS DAY

June 18th from 10:00—12:00 at 55 Mayhill Street

Saddle Brook Senior Activities is hosting Senior Wellness Day

Circulation Screening by Progressive Spine & Orthopedics

FREE Massage by Dr. Peter Ferraro of

Ferraro Spine & Rehabilitation Center, PC

Refreshments will be served & giveaways!

To register, please call Karen D'Arminio

(201) 845-4594



RESORTS CASINO BUS TRIP

HOSTED BY

SADDLE BROOK SENIOR ACTIVITIES

July 15

\$40 PRICE INCLUDES \$10 SLOT PLAY

BUS LEAVES 55 MAYHILL ST. 9:00 A.M.




ARRIVES AC 11:30 A.M.

DEPARTS AC 5:30 P.M.

CONTACT KAREN D'ARMINIO (201) 845-4594

CHECKS PAYABLE TO: THE TOWNSHIP OF SADDLE BROOK

SENIOR ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2 Line Dancing Beginner 9:30 Regular 10:30 AARP Meeting 12:30	3	4 Senior Farmers Market 10:00 AM BINGO 12:00	5 Exercise 10:15 Happy Stitchers 1 pm	6 BINGO 12:30	7
8	9 Line Dancing Beginner 9:30 Regular 10:30	10 Exercise 10:15 Senior Club 1:00	11 BINGO 12:00	12 Exercise 10:15 Happy Stitchers 1 pm	13 BINGO 12:30	14 Mayor's Fishing Derby 
15 	16 Line Dancing Beginner 9:30 Regular 10:30	17 Exercise 10:00 The Senior Prom 11-3:30	18 Senior Wellness Day 10-12 BINGO 12:00	19 Exercise 10:15 Happy Stitchers 1 pm	20 BINGO 12:30	21
22	23 Line Dancing Beginner 9:30 Regular 10:00	24 Exercise 10:15 Healthy Cooking with Juliann	25 BINGO 12:00	26 Exercise 10:15 Happy Stitchers 1:00	27 BINGO 12:30	28
29	30					

Karen Zamani

Broker/Realtor



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RECIPE AND SCHEDULE

RED POTATO SALAD



2 lbs. small red potatoes
2 Tbsp red wine vinegar, or white, apple cider, or dill pickle juice
1/2 cup sour cream
1/4 cup mayo
1 tbsp. yellow, Dijon or whole grain mustard
2 celery stalks finely chopped 1/3 Cup
1/4 cup chopped parsley
1/4 cup fresh dill
1/4 cup fresh chopped chives
Salt and pepper to taste

Add potatoes to large pot & cover with 1 1/2 inches of water,

Season with salt, cook 15—20 mins. Until easily pierced with fork. Drain potatoes & cool. Cut into bite size pieces. Scatter vinegar over potatoes and lightly season with salt.

Stir in mayo, sour cream & mustard.

Add mayo mixture with celery and herbs to potatoes.

Season with salt and pepper to taste.

Refrigerate 30 minutes.

RECYCLING SCHEDULE

June 6	Paper
June 13	Commingled
June 20	Paper
June 27	Commingled

SAVE THE DATE

THE 2025 PAPER SHREDDING EVENT IS
SCHEDULED OCTOBER 4

9:00 am—1:00 pm

55 Mayhill Street (parking lot)

Saddle Brook Stitchers are looking for
donations of yarn

If you or someone you know would like to donate

Call (201) 845-4594 or deliver to the All Purpose
Room at 55 Mayhill Street



For more information regarding Bergen
County Community Transportation please
call the transportation division at
(201) 368-5955

WORD WISE



HAPPY FATHER'S DAY

Solve the following puzzle by finding all the hidden words!



HERO
BRAVE
BEST
FAMILY
GIFTS
SPECIAL

JOKES
HAPPY
RESPECT
PRESENT
FRIEND

VALUES
DADDY
LOVE
PARENT
GRANDPA

CELEBRATE
PROUD
STRONG
NURTURE
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2024-2025

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IN THE SPOTLIGHT

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