

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



**AUGUST 2025**

**Senior Activities are available for seniors age 55 years and older**

# AROUND THE TOWN

## ANNUAL PICNIC IN THE PARK

August 23 12:00—4:00 p.m.

Senior Bus is available for transportation

Please call (201) 843-4384 for more information

(rain date 8/24)

Tickets will be available soon at the Saddle Brook Recreation Center

55 Mayhill Street



On July , Saddle Brok Seniors took a road trip to Atlantic City. An amazing day was had by all who attended. Some people were looking for fun in the sun, or a stroll on the board walk. Others wanted great food, or to take a chance at winning big. Thank you to our Senior Center Coordinator Karen D'Arminio for organizing the event. For everyone asking when can when can we go again, stay tuned for the announcement of our next trip.



## Bergen County Division of Senior Services

Looking for information on programs and services for older adults and caregivers in Bergen County? We still have printed copies available of our popular Key Services Guide! If you would like to have a free copy mailed to you, just call us on the Senior Helpline at 201-336-7400 or send an email to [seniors@bergencountynj.gov](mailto:seniors@bergencountynj.gov).

## NATIONAL NIGHT OUT


AUGUST 5th

55 Mayhill Street

6:00—9:00 p.m.



# SENIOR ACTIVITIES CALENDAR

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

# Karen Zamani

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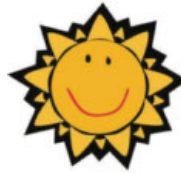
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# RECIPE AND SCHEDULE

Lazy hot summer days, makes this no cook and easy to mix **Chickpea Tuna Salad** a great choice for a healthy and nutritional meal.



**Ingredients:** 1 (15-ounce) can low-sodium chickpeas, rinsed and drained, 1 (5-ounce) can tuna, drained and flaked, 1 tablespoon Dijon mustard, 3 tablespoons olive oil mayonnaise (regular mayo works just fine but is higher in cholesterol), 1 cup halved cherry tomatoes, ½ cup green or black olives, or 2 tablespoons capers (optional), Spinach or torn salad greens

**Instructions:** Add the chickpeas, tuna, mustard, mayonnaise, and cherry tomatoes to a bowl and stir to combine. Season with salt and pepper to your liking. Add olives or capers, if using. Lay a bed of spinach or greens on a plate and top with salad mixture for an easy dinner. Alternatively, eat the salad between two slices of whole-grain bread like a tuna salad sandwich.

## RECYCLING SCHEDULE

August	1	Newspaper
August	8	Commingled
August	15	Newspaper
August	22	Commingled
August	29	Newspaper

## SAVE THE DATE

**THE 2025 PAPER SHREDDING EVENT IS  
SCHEDULED OCTOBER 4**

**9:00 am—1:00 pm**

**55 Mayhill Street (parking lot)**

## Do you need a ride?

The Saddle Brook Senior Bus offers rides to doctors offices on Tuesday, 8-12, Wednesday, 9-3, Thursday, 8-12, and Friday, 9-3. Food shopping transportation is available on Thursday and mall shopping is available Tuesday mornings. Bingo pick up and drop off available Wednesday and Friday

**Call for your reservation 201) 845-4594.**



The senior center is accepting yarn donations for the Saddle Brook Senior Stitches please deliver to 55 Mayhill

# WORD WISE



*August  
national days  
word search  
printable  
from Always  
the Holidays*

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

POTATO DAY  
MEAD DAY  
PLAY BALL DAY  
LAZY DAY  
DOG DAY  
WAFFLE DAY  
DOLLAR DAY

PROSECCO DAY  
RUM DAY  
LION DAY  
VINYL RECORD DAY  
BOW DAY  
WATERMELON DAY  
IPA DAY  
OYSTER DAY

DOLL DAY  
DINOSAURS DAY  
CBD DAY  
KIDS DAY  
GEORGIA DAY  
CAT DAY  
GOSSIP DAY

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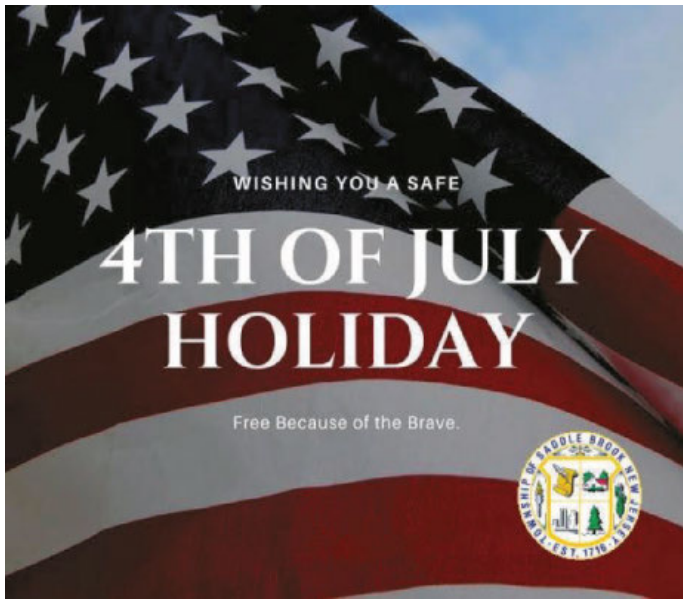
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# IN THE SPOTLIGHT



The Fireworks in the park were spectacular!  
Thank you, Thomas VanWinkle for taking beautiful photos.

