

**SADDLE BROOK SENIOR NEWS**

**55 MAYHILL STREET**

**SADDLE BROOK, NJ 07663**

**Tel: (201) 845-4594 - Open: 8:30-2:00**



**HELLO,  
SEPTEMBER!**

**SEPTEMBER 2025**

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

# AROUND THE TOWN

The Saddle Brook Senior Center improvements are almost complete. Beginning September 15th, 8 Caldwell Avenue will be open for senior activities.



Please join the Township of Saddle Brook for the Annual 9/11 Remembrance Ceremony Thursday, September 11, 2025 5:30 PM at 55 Mayhill Street WE WILL NEVER FORGET



WOULD YOU LIKE TO IMPROVE YOUR PHYSICAL, SOCIAL , AND MENTAL WELL-BEING? JOIN OUR SENIOR CITIZEN COMMUNITY AND SIGN UP FOR

## ZUMBA GOLD

September 10


9:00 a.m.

SADDLE BROOK RECREATION CENTER 55 MAYHILL STREET

Call Karen (201) 845-4594



# SENIOR ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 LABOR DAY CLOSED	2 Exercise 10:15	3 BINGO 12:30	4 Exercise 10:15 Happy Stitchers 1 pm	5 BINGO 12:30	6
7	8 Line Dancing Beginner 9:30 Regular 10:30 AARP Mtg. 12:30	9 Exercise 10:15 Senior Club 1:00	10 9:00 Zumba Gold  BINGO 12:30	11 Exercise 10:15 Happy Stitchers 1 pm Town Hall 9/11 Ceremony 5:30 p.m.	12 BINGO 12:30	13
14	15 <u>Moving Day</u> <u>8 Caldwell</u> <u>Ave.</u> Line Dancing Beginner 9:30 Regular 10:30	16 Exercise 10:15	17 BINGO 12:30	18 Exercise 10:15 Happy Stitchers 1 pm	19 BINGO 12:30	20
21 Pancake Bingo 9:00 a.m. 	22 Line Dancing Beginner 9:30 Regular 10:30	23 Exercise 10:15	24 BINGO 12:30	25 Exercise 10:15 Happy Stitchers 1:00	26 BINGO 12:30	27
28	29 Line Dancing Beginner 9:30 Regular 10:30	30 Exercise 10:15				

# Karen Zamani

## Broker/Realtor



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530 High Mountain Rd  
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Nicholas Vander Plaats, Manager NJ LIC 4711



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Fair Lawn

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# RECIPE AND SCHEDULE

1 ½ cups brown sugar, 1 cup butter softened, 2 large eggs,  
1 3 cups all-purpose flour, 1 ½ cups semi-sweet chocolate  
chips.

## Directions:

1. Gather the ingredients. Preheat the oven to 350 degrees F (175 degrees C).
2. Beat sugar and butter together in a large bowl with an electric mixer until light and fluffier in texture. Beat in eggs, one at a time. Gradually stir in flour until well combined; fold in chocolate chips.
3. Spoon dough onto a baking sheet, keeping them about 2 inches apart. Bake in the preheated oven until edges are golden brown, 10 to 15 minutes.



## RECYCLING

September 5	Commingled
September 12	Newspaper
September 19	Commingled
September 26	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 Wednesdays and Fridays.

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

# WORD WISE

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Get ready for Labor Day fun with this word search! The words are mixed up in all directions—forward, backward, up, down, and diagonal. Find and circle each Labor Day term, then cross it off your list to see how many you can spot!

## Labor Day Word Search



APPRENTICE	Z	H	R	M	F	Z	T	N	W	H	A	R	D	H	A	T	R
BBQ	L	R	E	B	M	E	T	P	E	S	J	C	P	N	D	L	K
BREAK	Y	K	R	O	W	M	A	E	T	W	K	O	K	R	O	W	R
CELEBRATE	G	K	R	G	T	Y	S	B	O	J	R	M	B	R	E	A	K
COMMUNITY	E	R	Q	E	Z	T	Z	Y	T	T	P	M	H	X	C	Y	Q
CRAFT	D	X	E	P	R	H	F	S	T	I	Z	U	G	J	I	Q	J
EFFORT	A	F	Y	E	C	O	A	I	N	X	L	N	L	L	T	H	M
ENGINEER	R	L	C	R	N	F	B	D	H	L	R	I	B	L	N	O	G
FLAG	A	L	A	E	E	I	U	A	I	S	J	T	N	I	E	N	A
GRILL	P	F	H	T	L	S	G	R	L	C	R	Y	B	K	R	O	L
HARD HAT	T	T	Y	O	T	E	G	N	I	R	G	E	Y	S	P	R	F
HOLIDAY	J	C	M	R	L	L	B	N	E	E	M	N	L	Q	P	W	M
HONOR	K	K	Y	L	M	I	C	R	S	S	P	O	H	A	A	M	Z
INDUSTRY	P	R	I	D	E	I	D	L	A	T	M	I	W	R	X	Y	H
JOBS	P	N	F	Q	P	R	O	A	F	T	G	N	T	R	A	D	E
LABORER	F	T	B	T	L	O	G	H	Y	L	E	U	T	R	N	X	J
PARADE	L	B	F	R	T	R	T	R	O	F	F	E	G	Q	Y	R	M

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# IN THE SPOTLIGHT

The Saddle Brook Annual Picnic and Walk With the Mayor was held on Saturday, August 23rd. We couldn't have asked for a better day. The sun was shining, low humidity and SB residents were out enjoying the food, music, and activities for the kids. Thank you to the Saddle Brook Projects and Activities Committee for organizing a fantastic picnic. Catering by Dellano Foods (no waiting in long lines) was exceptional and the burgers, hotdogs, potato salad and watermelon were delicious. Looking forward to the next picnic! A very big THANK YOU for all the generous donations and support from our local businesses who helped make this a memorable day.



## FUN PHOTOS FROM ST. PHILIP'S CARNIVAL

