

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

Tel: (201) 845-4594 - Open: 8:00—3:30



OCTOBER 2025

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

AROUND THE TOWN

BEGINNING OCTOBER 14th
LEAF BAGS
AVAILABLE
AT TOWN HALL
10 BAGS PER HOUSEHOLD



**THE NJ MOTOR VEHICLE COMMISSION MOBILE UNIT
IS COMING TO SADDLE BROOK
MUNICIPAL COMPLEX 55 MAYHILL STREET
OCTOBER 24, 2025
ONLINE REGISTRATION ONLY!
REGISTRATION OPENS ONLINE OCTOBER 9th**

**TO REGISTER VISIT:
<https://telegov.njportal.com/njmvcmobileunit>**

ONLINE APPOINTMENT REQUIRED:

- REAL ID -
- Registration renewal
- Non-Driver ID
- Duplicate or preplacement title or registration

WALK UP -NO APPOINTMENT NECESSARY FOR THE FOLLOWING:

- Surrendering license plates
- Handicapped, Veteran, or Purple Heart Place card
- Purchase red GDL decals

Recreation Fitness Center

Hours of operation
7:00 a.m. until 9:00 p.m.
Free for SB Residents






Senior HelpLine
(201) 336-7400

A service of the
**Aging and Disability Resource Connection
(ADRC)**

Bergen County
Department of Human Services
Division of Senior Services



SENIOR CENTER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 BINGO 12:45	2 Exercise 10:15 Happy Stitchers 1 pm	3 BINGO 12:45	4
5	6 Line Dancing Beginner 9:30 Regular 10:30 AARP 12:30	7 Exercise 10:15	8 BINGO 12:45 ZUMBA Gold 9:15 Sponsored by Mayor & Council	9 Exercise 10:15 Happy Stitchers 1 pm	10 BINGO 12:45	11
12	13 CENTER CLOSED IN OBSERVANCE OF COLUMBUS DAY	14 Exercise 10:15 Blood Pressure 10:30—1 Senior Club 1:00	15 BINGO 12:45	16 Exercise 10:15 Happy Stitchers 1 pm	27 BINGO 12:45	18
19	20 Line Dancing Beginner 9:30 Regular 10:30	21 Exercise 10:15 SENIOR HALLOWEEN PARTY 	22 ZUMBA GOLD 9:15 Sponsored by Mayor & Council BINGO 12:45	23 Exercise 10:15 Happy Stitchers 1:00	24 BINGO 12:45	25 ANNUAL TRUNK OR TREAT 55 MAYHLL ST. 12:00—2:00
26	27 Line Dancing Beginner 9:30 Regular 10:30 OPEN HOUSE 12:00 Lunch 	28 Exercise 10:15	29 BINGO 12:45 Understanding Alzheimer's & Dementia 10:00 –11:00 Memory Screening 11:00– 3:00	30 Exercise 10:15 Happy Stitchers 1:00	31 BINGO 12:45 HALLOWEEN 	

Karen Zamani

Broker/Realtor



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201-797-3500

Fair Lawn Location

www.vpfairlawn.com

Franklin Lakes Location

201-891-4770

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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RECIPE AND SCHEDULE

CHICKEN PARM PASTA BAKE

Chicken Parm Pasta— Ingredients Kosher salt , 12 oz. store-bought cooked frozen breaded chicken cutlets , 1 lb. cavatappi or other short pasta , 1 Tbsp. extra-virgin olive oil , 1 small yellow onion, finely chopped 2 garlic cloves, finely chopped 4 cups store-bought or homemade marinara sauce, 2 oz. Parmesan, finely grated (about 1 cup), divided, plus more for serving 3/4 cup shredded mozzarella , Freshly ground black pepper, Torn fresh basil, for serving .

Directions- Step 1 Cook frozen chicken according to package instructions. Let cool, then cut crosswise into strips. Step 2 Arrange a rack in center of oven; preheat to 400°. In a large pot of boiling salted water, cook pasta, stirring occasionally, until al dente according to package directions. Drain. Step 3 Meanwhile, in a large ovenproof skillet over medium high heat, heat oil. Cook onion, stirring occasionally, until translucent, about 7 minutes. Add garlic and cook, stirring, until fragrant, around 1 minute more. Add marinara and 1 tsp. salt and bring to a low simmer. Step 4 Add pasta to skillet and stir to coat in sauce. Add 1/2 cup Parmesan and toss until melted. Top with 1/2 cup Parmesan, then sprinkle with mozzarella. Arrange chicken on top of mozzarella. Step 5 Bake chicken Parm pasta until cheese is melted and chicken is warmed through, 10 to 12 minutes.



OCTOBER RECYCLING SCHEDULE

Commingled: 3,17,31

Paper: 10, 24



HOW DO YOU FIX A BROKEN JACK O' LANTERN ?



With a pumpkin patch

Saddle Brook Stiches are looking for donations of yarn. If you or someone you know would like to donate yarn, please call the center (201) 845-4594.



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

Word Search

Name: _____



Fall Harvest

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

Word list:

ACORN
APPLES
AUTUMN
BUTTERNUT
CIDER

CORN
CRANBERRY
HARVEST
LEAVES
MAIZE

ORCHARD
PECAN
PUMPKIN
SQUASH
SUNFLOWER

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2024-2025

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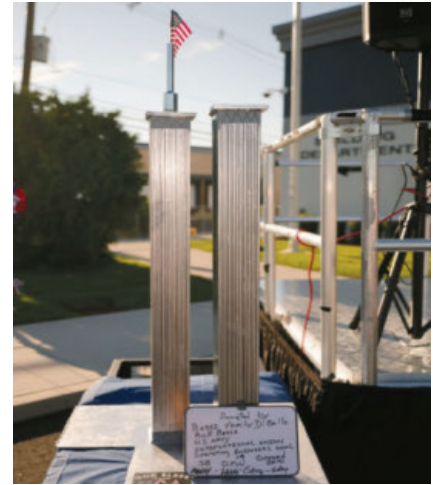
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IN THE SPOTLIGHT

On September 11, 2025, the Township held a Remembrance Ceremony to honor the innocent lives lost and to recognize the bravery of the first responders on 09/11/2001. As a community we stand together in remembrance and with gratitude.



Senior Center Breakfast Bingo September 21, 2025

