

SADDLE BROOK SENIOR NEWS
8 CALDWELL AVE.
SADDLE BROOK, NJ 07663
Tel: (201) 845-4594 - Open: 8:30—2:00



DECEMBER 2025

Senior Activities are available for seniors age 55 years and older

AROUND THE TOWN

Senior Center Presents

MURDER AT MOUNT HOPE MANSION

**Deluxe Roundtrip Motorcoach
Transportation. Private Luncheon at the
Mt. Hope Winery. Thrilling Murder
Mystery Show, Wine Tasting & Tour.**

All Taxes and Meal Gratuities

Package Price: \$127.00 pp

For Information & Reservation:

Contact Karen 201-845-4594

The Bergen County Division of Senior Services

If you need help navigating
your Medicare options
please give a call to one of
the Bergen County SHIP
Medicare Counselors

201- 336-7413

SENIOR SAFETY INITIATIVE

Are you a senior citizen in need of an in home assessment to help reduce hazards, prevent falls, and feel more secure at home?

Trained staff and volunteers through the Bergen Volunteers Organization and the Amy and Mark Shirvan Senior Safety Initiative can help.

Things like checking smoke detectors, removing trip hazards, improve lighting, install grab bars, and more. To request an in home assessment call

Diana Kocha at Bergen County Volunteer Organization (201) 489-6106



BERGEN COUNTY CHORES

Do you need assistance with weatherstripping, replacing outlets or switches, installing locks or doorbells?

call Michele Ogden at Bergen County Volunteers CHORE

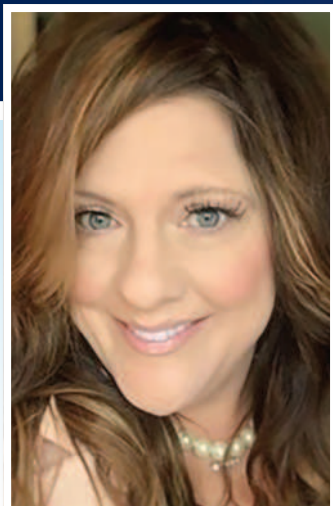
201- 489-9456

SENIOR ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Line Dancing Beginner 9:30 Regular 10:30 AARP Mtg 12:30	2 Exercise 10:15	3 ZUMBA GOLD 9:15 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	9 Exercise 10:15 Senior Club Meeting 1:00 Swearing in of New President	10 BINGO 12:30	11 Exercise 10:15 Happy Stitchers 1 pm	12 BINGO 12:30	13
14	15 Line Dancing Beginner 9:30 Regular 10:30	16 Exercise 10:15	17 Zumba Gold 9:15 BINGO 12:30	18 Exercise 10:15 Happy Stitchers 1 pm	19 BINGO 12:30	20
21	22 Line Dancing Beginner 9:30 Regular 10:00	23 Exercise 10:15	24 No Bingo	25 MERRY CHRISTMAS 	26 Closed	27
28	29 Line Dancing Beginner 9:30 Regular 10:00	30 Exercise 10:15	31 BINGO 12:30			

Karen Zamani

Broker/Realtor



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www.vpmemorial.com



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Nicholas Vander Plaats, Manager NJ LIC 4711



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RECIPE AND SCHEDULE

HONEY—MUSTARD GLAZED SALMON



10 salmon fillets (5 ounces each), 2/3 cup packed brown sugar, 2 tablespoons Dijon mustard, 2 tablespoons honey, 1/2 teaspoon salt.

Place fillets, skin side down, on a greased baking sheet. In a small bowl, combine brown sugar, mustard, honey and salt; spoon over salmon. Broil 3-4 in. from the heat until fish just begins to flake easily with a fork, 8-12 minutes.

Serve along side sauteed spinach. Enjoy!

RECYCLING SCHEDULE

December	5	Newspaper
December	12	Commingled
December	19	Newspaper
December	26	Commingled
January	2	Newspaper

**No AARP or
Senior Meetings in
January or February**

Riddle: You can catch me easily, especially during the holidays and winter, but you can never throw me. I AM ?

A: A cold



Do you need a ride?

The Saddle Brook Senior Bus offers rides to doctors offices on Wednesday and Friday. Food shopping transportation is available on Thursday and Mall Shopping on Tuesday. **Call for your reservation**

(201) 845-4594.

WORD WISE

WINTER WORD SEARCH



Created by
Sue Lindlauf
Grand Forks Herald
2010

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |

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