

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



**Hello,
February**

FEBRUARY 2026

Senior Activities are available for seniors 55 years and older

AROUND THE TOWN

GAMBLERS AND SHOPPERS

March 26, 2026

The Saddle Brook Seniors & AARP #3785 are going to
WINDCREEK CASINO & OUTLET MALL in Bethlehem PA.

Make your reservation early!!!!

\$35 casino cash back is \$25

Call Marie (201) 281-1099 or email sbaarp3785@yahoo.com

OCEAN CITY MARYLAND TRIP

4 days & 3 nights on September 15-18

For information and reservations call Karen D'Arminio at the senior center (201) 845-4594

Package Price 617.00 pp dbl Singles Add: \$177.00

This trip package includes: Deluxe round trip motorcoach transportation
3 nights deluxe accommodations ,3 breakfasts ,3 fine local restaurant dinners,
Visit to see the wild ponies, shopping, sightseeing, CASINO, Tanger Outlets, dolphins watch
and much more!!!

COME JOIN IN THE FUN AND RESERVE YOUR TRIP TODAY



SAVE THE DATE CHICKEN BINGO

MARCH 15th

TICKETS COST \$18 (Includes KFC Lunch, Dessert & Bingo Games)

FOR TICKETS CALL KAREN (201) 845-4594

SENIOR ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 Exercise 10:15 Happy Stitchers	6 BINGO 12:30	7
8	9	10 Exercise 10:15	11 Zumba Gold 9:15 BINGO 12:30	12 Exercise 10:15 Happy Stitchers 1 pm	13 BINGO 12:30	14
15	16 CENTER CLOSED 	17 Exercise 10:15	18 BINGO 12:30	19 Exercise 10:15 Happy Stitchers 1 pm	20 BINGO 12:30	21
22	23 Line Dancing Beginner 9:30 Regular 10:00	24 Murder Mystery Trip Exercise 10:15	25 Zumba Gold 9:15 BINGO 12:30	26 Exercise 10:15 Happy Stitchers 1 pm	27 BINGO 12:30	28



Karen Zamani

Broker/Realtor



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Fair Lawn Location

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Nicholas Vander Plaats, Manager NJ LIC 4711



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RECIPE AND SCHEDULE

HAMBURGER STEW

In a Dutch oven, cook beef and onions over medium heat until meat is no longer pink, breaking it into crumbles; drain. Add the tomatoes, carrots, celery, potatoes, water, rice, salt and pepper; bring to a boil. Reduce heat; cover and simmer 30 minutes or until vegetables and rice are tender.

Ingredients

- 2 pounds ground beef
- 2 medium onions, chopped
- 4 cans (14-1/2 ounces each) stewed tomatoes, undrained
- 8 medium carrots, thinly sliced
- 4 celery ribs, thinly sliced
- 2 medium potatoes, peeled and cubed
- 2 cups water
- 1/2 cup uncooked long grain rice
- 3 teaspoons salt
- 1 teaspoon pepper



RECYCLING

February 6	Commingled
February 13	Newspaper
February 20	Commingled
February 27	Newspaper

PAPER SHREDDING EVENT

This year our annual paper shredding event
will be held on

September 26th from 9-1pm

No AARP or Senior Meetings in January or February



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

February Word Search



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

- | | |
|------------------------------------|---------------------------------------|
| <input type="checkbox"/> AQUARIUS | <input type="checkbox"/> PENNY |
| <input type="checkbox"/> CHOCOLATE | <input type="checkbox"/> RELATIONSHIP |
| <input type="checkbox"/> FLOWER | <input type="checkbox"/> SPRING |
| <input type="checkbox"/> FRIENDS | <input type="checkbox"/> VALENTINE |
| <input type="checkbox"/> LOVE | <input type="checkbox"/> WINTER |

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2024-2025

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IN THE SPOTLIGHT

SADDLE BROOK SENIORS STARTED OFF THE NEW YEAR WITH A HOLIDAY PARTY AT THE VFW. MUSIC, DANCING, AND GREAT FOOD MADE THE AFTERNOON A MEMORABLE EVENT.

