

AROUND THE TOWN

Let's DANCE the winter blues away! The Saddle Brook Senior Center Program offers healthy activities such as Lime Dancing and Zumba gold classes. Stop in for a visit, and see for yourself what you might be missing. Socialize, stay active, and build lasting friendships

HAPPY NEW YEAR!!

FROM THE SADDLE BROOK SENIOR *LINE DANCERS*

JOIN US EVERY MONDAY BEGINNERS 9:30 A.M. and ADVANCED CLASSES 10:30



Kick off 2026 with some music and movement. *Zumba Gold* every Wednesday at 9:15. Zumba Gold is a low intensity and easy to follow gentle work out. Strengthen your range of motion and coordination, plus get stress relief and cardiovascular benefits.



SADDLE BROOK SENIOR NEWS

8 CALDWELL AVE.

SADDLE BROOK, NJ 07663

Tel: (201) 845-4594 - Open: 8:30—2:00



JANUARY 2026

SENIOR ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 NEW YEARS DAY TOWNSHIP OFFICES CLOSED	2 BINGO 12:30	3
4	5 SENIOR HOLIDAY LUNCH VFW 12-4	6 Exercise 10:15	7 Zumba Gold 9:15 BINGO 12:30	8 Exercise 10:15 Happy Stitchers 1 pm	9 BINGO 12:30	10
11	12 Line Dancing Beginner 9:30 Regular 10:30	13 Exercise 10:15	14 BINGO 12:30	15 Exercise 10:15 Happy Stitchers 1 pm	16 BINGO 12:30	17
18	19 TOWNSHIP OFFICES CLOSED IN OBSERVANCE OF MARTIN LUTHER KING, JR. DAY 	20 Exercise 10:15	21 Zumba Gold 9:15 BINGO 12:30	22 Exercise 10:15 Happy Stitchers 1 pm	23 BINGO 12:30	24
25	26 Line Dancing Beginner 9:30 Regular 10:00	27 Exercise 10:15	28 BINGO 12:30	29 Exercise 10:15 Happy Stitchers 1 pm	30 BINGO 12:30	31

Karen Zamani

Broker/Realtor



**Building Relationships
One Home at a Time!**



Call me and let's find the key to your next investment!

C: 201-926-0573 • O: 201-891-6700

kz042369@gmail.com

345 Franklin Avenue, Wyckoff, NJ 07481



COLDWELL BANKER | REALTY



Owned by a subsidiary of Anywhere Advisors LLC

WE'RE ALL ABOUT FAMILY;
AND HAVE BEEN FOR THREE GENERATIONS

Why preplan with us?

If you appreciate peace of mind, you'll understand why it makes sense to preplan with us. We know of no other policies that work as this:

- Spares your family from making detailed decisions at an emotional time
- Ensures that wishes are expressed
- Prevents overspending and can lock in costs

We're experts at preplanning, and know all of the issues that may arise. Call us, you'll be glad you did.

201-797-3500

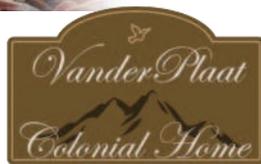
Fair Lawn Location
www.vpfairlawn.com

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

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com

Scan to contact us!

Di Chiara
Funeral Home

Family owned and operated since 1951

973-779-2386

300 Main Street, Lodi, NJ 07644

www.dichiarafuneralhome.com

Albert J. Di Chiara, Mgr.

NJ Lic No. 4374



RECIPE AND SCHEDULE

“ANYTHING GOES” QUICHE

1 refrigerated pie crust, 5 eggs, 1 cup half-and-half, ½ teaspoon seasoning of your choice, such as mustard, dill, or rosemary, ¾ cup crispy bacon, crumbled cooked sausage, or leftover ham, chopped, 1 cup shredded cheddar or Swiss cheese, 1 cup spinach or kale, torn or chopped, ½ cup of your favorite veggie, diced (tomato, broccoli, asparagus, and peppers are good options)



Preheat oven to 350 F and roll pie crust into your pie plate., Whisk eggs, half-and-half, and seasoning in a medium bowl. Sprinkle meat, cheese, and veggies onto the prepared pie crust evenly. Pour the egg mixture to cover. Bake for 40-50 minutes or until a knife inserted in the center comes out clean. Let cool 10 minutes, and enjoy

RECYCLING SCHEDULE

January 2	Newspaper
January 9	Commingled
January 16	Newspaper
January 23	Commingled
January 30	Newspaper

**NO AARP OR SENIOR MEETINGS
IN JANUARY OR FEBRUARY
STAY CONNECTED DURING THE WINTER MONTHS
AND
FEEL FREE TO JOIN US AT THE CENTER**

MURDER AT MOUNT HOP MANSION

Senior Center Presents

Deluxe Roundtrip Motorcoach Transportation

Private Luncheon at the Mr. 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

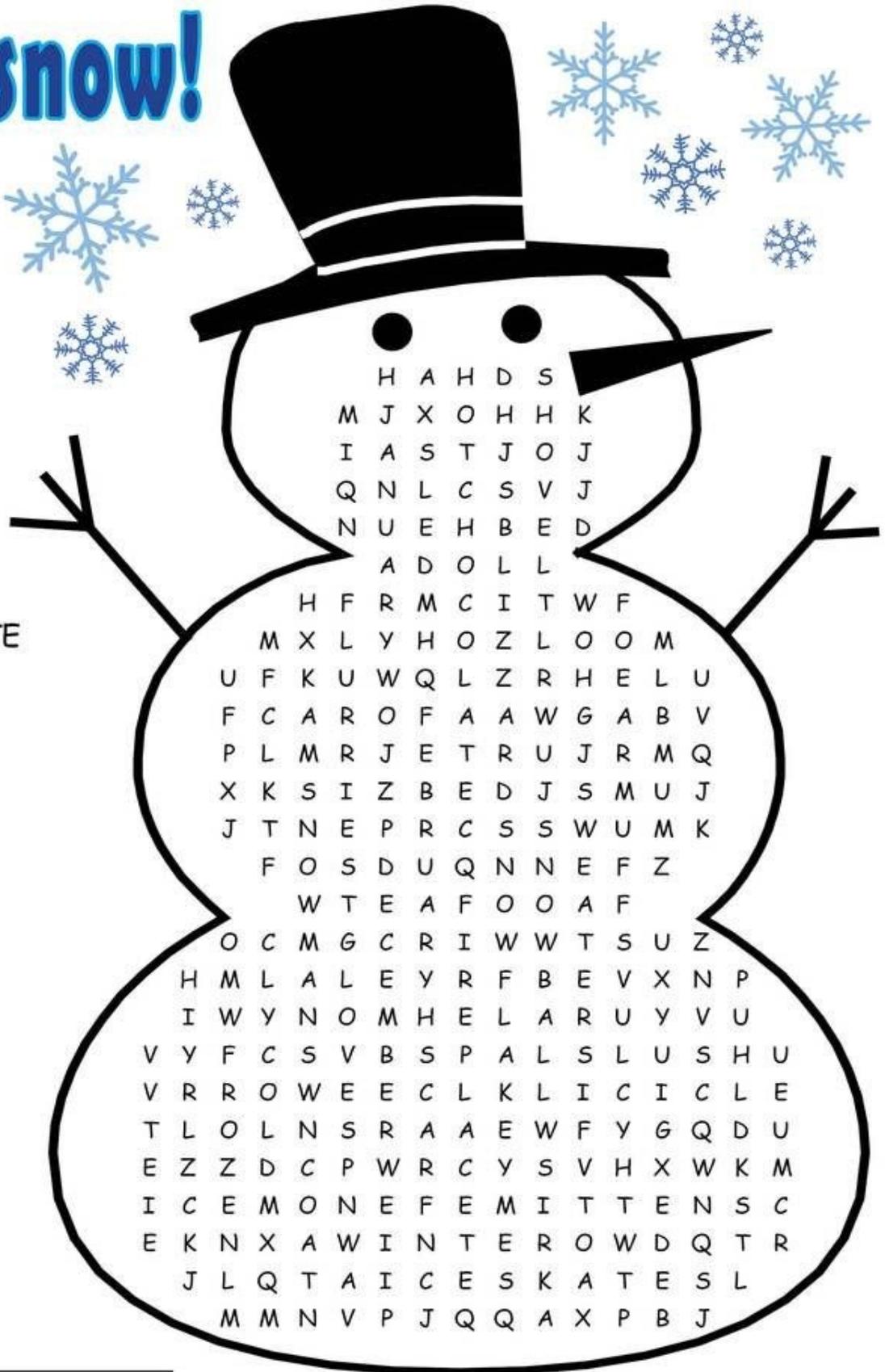
Do you need a ride?

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

Let it snow!

BLIZZARD
COAT
COLD
DECEMBER
EARMUFFS
FEBRUARY
FIREPLACE
FLURRIES
FROZEN
GLOVES
HOT CHOCOLATE
ICE
ICE SKATES
ICICLE
JANUARY
MITTENS
SCARF
SHOVEL
SLED
SLUSH
SNOWBALL
SNOWFLAKE
SNOWMAN
SWEATER
WINTER



Name: _____

Patrick J. Conte

Funeral Home Inc.

Stephen P. Conte, Jr. Manager

NJ Lic No. 3785



201-796-0060

274 Market St. • Elmwood Park

ADVERTISE HERE
to reach your community



Call 800-950-9952

Kessler

INSTITUTE FOR REHABILITATION

A Select Medical Hospital

Top ranked

Specialized programs

Stroke | Brain injury | Spinal cord injury | Cancer
Orthopedic trauma | Amputation | Medically complex
Neurologic conditions | Cancer | Cardiac recovery

888-KESSLER | kessler-rehab.com

**BEST
HOSPITALS**

U.S. News
& WORLD REPORT

REHABILITATION
2024-2025

#4 in
the nation

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

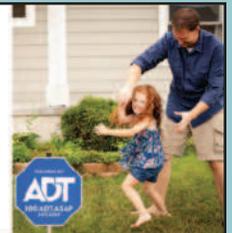
CONTACT ME
Nicole Tulloch

ntulloch@4LPi.com
(800) 477-4574 x8901

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

SUPPORT OUR ADVERTISERS!



BEATING THE WINTER BLUES

For some, cold temperatures and lack of sunlight can lead to feelings of sadness and even seasonal affective disorder. These 7 steps may help lift your spirits and ease you out of the doldrums that can affect you during the long winter months.



WHAT ARE YOU GRATEFUL FOR?

Give thought to what you are grateful for... a beautiful snowy day, friendships, hot apple cider.



LET YOURSELF INDULGE IN LITTLE THINGS

Participate in activities that bring comfort, warmth and peace.



ENJOY THE SUNLIGHT

Natural light helps to alleviate the winter blahs.



GET ENOUGH SLEEP

A lack of sleep can take a toll on your mood - aim for 7-9 hours each night.



STAY ACTIVE

A daily 30-minute walk may help prevent depression, so get out there!



ENGAGE IN SOCIAL ACTIVITY

Even a small amount of social engagement can help you feel energized.



ADJUST HOLIDAY EXPECTATIONS

Don't let visions of perfection spoil everything. Appreciate and enjoy what you do have.



Information reviewed by
Stephanie H. Felgoise, PHD, ABPP,
Department of Clinical Psychology,
Associate Dean for Academic
Integration in the School of
Professional and Applied
Psychology, Department Chair and
Director of Clinical PsyD Program