

SADDLE BROOK SENIOR NEWS

8 CALDWELL AVE.

SADDLE BROOK, NJ 07663

Tel: (201) 845-4594 - Open: 8:30—2:00



MARCH 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

WINDCREEK CASINO & OUTLET MALL

Bethlehem PA.

Make your reservation early!!!!

\$35 casino cash back is \$25

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

PROM



SAVE THE DATE

APRIL 16th 12:30—3:30

VFW

Lunch will be served

Contact Karen: (201) 845-4594

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



ATLANTIC CTY

RESORTS

CASINO

BUS TRIP

MAY 7th

\$40

8:00 a.m. bus leaves from the senior center and departs the casino to
return home at 4:00

Call Karen: (201) 845-4594

SENIOR ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Line Dancing Beginner 9:00 Regular 10:00	3 Exercise 10:00	4 BINGO 1:00	5 Exercise 10:00 Happy Stitchers 1 pm	6 BINGO 1:00	7
8	9 Line Dancing Beginner 9:00 Regular 10:00	10 Exercise 10:00	11 Zumba Gold 9:15 BINGO 1:00	12 Exercise 10:00 Happy Stitchers 1 pm	13 BINGO 1:00	14
15 CHICKEN BINGO	16 Line Dancing Beginner 9:00 Regular	17 Exercise 10:00 	18 BINGO 1:00	19 Exercise 10:00 Happy Stitchers 1 pm	20 BINGO 1:00	21
22	23 Line Dancing Beginner 9:00 Regular 10:00	24 Exercise 10:00	25 Zumba Gold 9:15 BINGO 1:00	26 Exercise 10:00 Happy Stitchers 1 pm WINDCREEK TRIP	27 BINGO 1:00	28
29	30 Line Dancing Beginner 9:00 Regular 10:00	31 Exercise 10:00				

Karen Zamani

Broker/Realtor



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Nicholas Vander Plaats, Manager NJ LIC 4711



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Saddle Brook Senior Ctr., Saddle Brook, NJ

03-1148

RECIPE AND SCHEDULE

TRADITIONAL IRISH SODA BREAD

4 cups [sifted all-purpose flour](#), 3 teaspoons [baking powder](#),
1 teaspoon [salt](#), ½ teaspoon [baking soda](#), 1 cup [raisins](#),
1 tablespoon [caraway seeds](#), 2 cups of buttermilk.

Preheat oven to 350 degrees. Sift flour, baking powder, salt, and baking soda into a big bowl. Add the raisins and caraway seeds. Stir well and then add the buttermilk to make a soft dough. Turn the dough into a lightly floured board and knead gently until smooth and not sticky. Divide the dough in half and shape into round loaves. Place on a lightly buttered baking sheet and bake for 50-55 minutes until a delicate brown color. Cool before cutting.



RECYCLING

March 6 Commingled
March 13 Newspaper
March 20 Commingled
March 27 Newspaper



PAPER SHREDDING EVENT

This year our annual paper shredding event will be held on

September 26th from 9-1pm

MARCH 2

AARP & SENIOR CLUB MEETING

1:30 Fraud Prevention Saddle Brook Police Department will present important tips to help protect you against fraud.

UNSCRAMBLE

1. N R E B A L Y
2. N B D I U L
3. C L G A E I
4. Y I W S E K H



ANSWERS

1. Blarney
2. Dublin
3. Gaelic
4. Whiskey

WORD WISE



Word Search



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

Created by Sue Lindlauf
Grand Forks Herald 2013

- | | | | |
|------------|-------------|-----------|----------------|
| 1. HOLIDAY | 5. GREEN | 9. CLOVER | 13. LEPRECHAUN |
| 2. SAINT | 6. SHAMROCK | 10. LUCK | 14. RAINBOW |
| 3. PATRICK | 7. FOUR | 11. POT | 15. MARCH |
| 4. IRISH | 8. LEAF | 12. GOLD | 16. SEVENTEEN |

Patrick J. Conte
Funeral Home Inc.
Stephen P. Conte, Jr. Manager
NJ Lic No. 3785



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USNews

REHABILITATION
2024-2025

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Saddle Brook Senior Ctr., Saddle Brook, NJ

03-1148

IN THE SPOTLIGHT



Sweet Valentine Treats! The Saddle Brook Womens Club filled over 100 boxes with homemade or purchased Valentine treat for the Saddle Brook Seniors. The Saddle Brook Womens Club fundraises and supports many local causes. We are grateful for the friendship and their dedication to helping families and individuals in our community. Anyone interested in becoming a member should email Sarah sarahcarberry55@gmail.com.

