

**SADDLE BROOK SENIOR NEWS**

**8 CALDWELL AVE.**

**SADDLE BROOK, NJ 07663**

**Tel: (201) 845-4594 Open: 8:30—2:00**



**APRIL**  
*Showers*  
**Bring May Flowers**



**APRIL 2026**

**Senior Activities are available for seniors 55 years and older**

# AROUND THE TOWN



**Mayor White and Township Council**

**are pleased to share that lunch is now available at the Senior Center**

**11:45 on Monday, Tuesday, and Wednesday**

**A reservation is required**

**please call the Director Karen D' Arminio at (201) 845-4594**

**Lunch is free for anyone 60 years or older**



**(donation suggested \$1.25)**

**ENJOY FREE LUNCH WITH FRIENDS AT THE SADDLE BROOK SENIOR CENTER**

Saddle Brook Senior Center organized a bus trip to Lancaster PA for an amazing day trip . They enjoyed a fun murder mystery lunch and visited the winery.



# SENIOR ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Zumba Gold 9:00 Lunch 11:45 BINGO 1:30	2 Exercise 10:00 Happy Stitchers 1 pm	3 <b>CLOSED</b> <b>GOOD FRIDAY</b>	4
5 EASTER 	6 Line Dancing Beginner 9:00 Regular 10:00 Lunch 11:45 AARP 1:30	7 Exercise 10:00 Blood Pressure 11:00 Lunch 11:45	8 Lunch 11:45 BINGO 1:30	9 Exercise 10:00 Happy Stitchers 1 pm	10 BINGO 1:30	11
12	13 Line Dancing Beginner 9:00 Regular 10:00 LUNCH 11:45	14 Exercise 10:00 Lunch 11:45 Senior Club Meeting 1:30	15 Zumba Gold 9:15 Lunch 11:45 BINGO 1:30	16 SENIOR PROM II  NO CENTER ACTIVITIES	17 BINGO 1:30	18
19	20 Line Dancing Beginner 9:00 Regular 10:00 LUNCH 11:45	21 Exercise 10:00 Lunch 11:45	22 Lunch 11:45 BINGO 1:30	23 Exercise 10:00 Happy Stitchers 1 pm	24 BINGO 1:30	25
26	27 Line Dancing Beginner 9:00 Regular 10:00 Lunch 11:45	28 Exercise 10:00 Lunch 11:45	29 BINGO 1:30 Lunch 11:45	30 Exercise 10:00 Happy Stitchers 1 pm		

# Karen Zamani

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Saddle Brook Senior Ctr., Saddle Brook, NJ

03-1148

# RECIPE AND SCHEDULE

## Spring Pea Soup

1 tbsp olive oil, 1 white onion, chopped, 2 cloves garlic, minced, 4 cups vegetable broth, 4 cups fresh peas (or frozen, if preferred), Salt, pepper, and lemon juice to taste



- **Sauté Aromatics:** Heat the olive oil in a large pot over medium heat. Add the chopped onion and garlic. Cook for about 5 minutes until they are soft and fragrant.
- **Simmer:** Pour in the vegetable broth and add the peas. Bring the mixture to a boil, then reduce the heat to low. Let it simmer for 10–15 minutes until the peas are very tender.
- **Blend Safely:** Use an immersion blender to puree the soup directly in the pot. *Safety Tip: If using a standard blender, let the soup cool slightly and blend in small batches to prevent hot liquid from splashing.*
- **Season:** Stir in a squeeze of fresh lemon juice, salt, and pepper. Serve warm.

### RECYCLING

April	3	Commingled
April	10	Newspaper
April	17	Commingled
April	24	Newspaper



### PAPER SHREDDING EVENT

This year our annual paper shredding event will be held on  
**September 26th from 9-1pm**

### APRIL SENIOR MEETINGS

April 6th AARP

April 14th Senior Club Meeting



Why did the bird  
go to the hospital ?



**ANSWER:** It needed tweetment

# WORD WISE



## April Word Search

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

Babys Breath

Hydrangea

Rose

Black Eyed Susan

Iris

Snapdragon

Daffodil

Lily

Sunflower

Daisy

Petunia

Sweet pea

Heather

Queen Annes Lace

Tulip



## Patrick J. Conte

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# IN THE SPOTLIGHT

During the March 19, 2026, Council meeting, Mayor White and Township Councilmembers honored five Saddle Brook women who have made significant contributions and have had a positive impact on our community. The women were celebrated as part of National Women's History Month for their achievements in categories such as Community Service, Education Leadership, Outstanding Citizenship, and Business Leadership. These women serve as role models for others to admire. Thank you Teri's Florist for arranging the beautiful bouquets.

**TRACEY BOUZOUMITA (Community Service) – Saddle Brook Volunteer Ambulance Corps**

**AMANDA FRAGALE (Business Leader) – Moxie Salon and Beauty Bar**

**SEMINA MAJEED (Education Leader) – Saddle Brook Library**

**ANGELINA PALLOTTA (Outstanding Citizen) Saddle Brook Resident**

**CAMILLE TRITTO (Outstanding Citizen) Saddle Brook Resident**

