

SADDLE BROOK SENIOR NEWS

8 CALDWELL AVE.

SADDLE BROOK, NJ 07663

Tel: (201) 845-4594 Open: 8:30—2:00



May 2026

Senior Activities are available for seniors 55 years and older

AROUND THE TOWN



JOIN US FOR LUNCH!

11:45 Monday, Tuesday, and Wednesday

A reservation is required—1 day before

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

Lunch is free for anyone 60 years or older

(donation suggested \$1.25)



SENIOR ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Lunch 11:45 BINGO 1:30		1 BINGO 1:30	2
3 EASTER	4 Line Dancing Beginner 9:00 Regular 10:00 Lunch 11:45 AARP 1:30	5 Exercise 10:00 Blood Pressure 11:00 Lunch 11:45	6 Zumba Gold 9:00 Lunch 11:45 BINGO 1:30	7 Atlantic City Trip Exercise 10:00 Happy Stitches 1 pm	8 BINGO 1:30	9
10 	11 Line Dancing Beginner 9:00 Regular 10:00 LUNCH 11:45	12 Exercise 10:00 Lunch 11:45 Senior Club Meeting 1:30	13 Lunch 11:45 BINGO 1:30	14 Exercise 10:00 Happy Stitches 1 pm	15 BINGO 1:30	16
17	18 Line Dancing Beginner 9:00 Regular 10:00 LUNCH 11:45	19 Exercise 10:00 Lunch 11:45	20 Zumba Gold 9:00 Lunch 11:45 BINGO 1:30	21 Exercise 10:00 Happy Stitches 1 pm	22 BINGO 1:30	23
24/31	25 CLOSED MEMORIAL DAY 	26 Exercise 10:00 Lunch 11:45	27 BINGO 1:30 Lunch 11:45	28 Exercise 10:00 Happy Stitches 1 pm	29	30

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 organization need a newsletter?

We'll cover the printing costs!



Learn more at
lpicomunities.com

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



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Saddle Brook Senior Ctr., Saddle Brook, NJ

03-1148

RECIPE AND SCHEDULE

GARDEN PESTO PASTA



3 cups uncooked spiral pasta (about 9 ounces), 1 cup prepared pesto, 3 tablespoons white wine vinegar, 1 tablespoon lemon juice, 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/4 cup olive oil, 1 medium zucchini, halved and sliced, 1 medium sweet red pepper, chopped, 1 medium tomato, seeded and chopped, 1 small red onion, halved and thinly sliced, 1/2 cup grated Parmesan cheese.

Cook pasta drain well. Wisk pesto, vinegar, lemon, salt and pepper.

Combine vegetables, pasta and coat with dressing. Toss, chill and enjoy!



RECYCLING

May 1	Commingled
May 8	Newspaper
May 15	Commingled
May 22	Newspaper
May 29	Comingled



PAPER SHREDDING EVENT

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

MAY SENIOR MEETINGS

May 4th AARP

May 12th Senior Club Meeting



RIDDLE

Jimmy's mother had four children. She named the first Monday. She named the second Tuesday, and she named the third Wednesday. What is the name of the fourth child?



ANSWER: Jimmy, because Jimmy's mother had four children

WORD WISE



Mother's Day Word Search



APPRECIATE
BEAUTIFUL
CELEBRATE
COMFORTING
DEVOTED
FLOWERS
GIFTS
HUGS
JEWELRY
KISSES
LOVING
MAY
MOM
MOTHER
NURTURE
PROTECTS
WONDERFUL

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



Patrick J. Conte

Funeral Home Inc.

Stephen P. Conte, Jr. Manager

NJ Lic No. 3785



201-796-0060
274 Market St. • Elmwood Park



No act of
kindness is
ever wasted

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

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

Caduceus Skilled Healthcare

Expert, in home wound care services by board
certified wound care physician

551-218-3790 | www.chcorg.com



Diagnosis and Management of: Venous, Arterial and
Diabetic ulcers, Bed sores, Trauma wounds



Advertise in Our Newsletter!

Contact Nicole Tulloch

ntulloch@4LPi.com
(800) 950-9952 x8901



**ROOFING • CHIMNEYS • GUTTERS • MASONRY
SIDEWALKS & STEPS • DECK REPAIR & REPLACEMENT**

We Find & Fix Leaks!



EXPERT CHIMNEY & ROOFING

\$1,250 OFF
Any New Roof Replacement

20% OFF
Any Roof, Chimney, Gutter,
Masonry Repair & SENIORS

Family Owned/Operated - Lic.#13VH11097900 • Bonded & Insured - 20 Years

Serving All of New Jersey

732-520-9554 | www.expertchimneyroofing.com

**FREE AD
DESIGN WITH
PURCHASE OF
THIS SPACE**

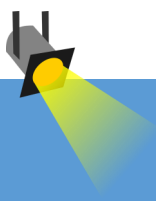
Call 800.950.9952



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Saddle Brook Senior Ctr., Saddle Brook, NJ

03-1148



IN THE SPOTLIGHT

EASTER CELEBRATION



LITTLE LEAGUE OPENING DAY



POLICE PROMOTIONS

Mayor Robert White presided over a promotion ceremony held on April 7, 2026 at the municipal complex. Congratulations to Sergeant Joseph S. Camilleri, IV promoted to Lieutenant and Officer Anthony Davanzo promoted to Sergeant.

