

**SADDLE BROOK SENIOR NEWS**

**8 CALDWELL AVE.**

**SADDLE BROOK, NJ 07663**

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



**July 2026**

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

# AROUND THE TOWN

Monday, June 1, 2026, our local AARP Chapter 3785 installed the new officers for the 2026-2027 term. The new officers are Marie Shust as President, Paula Bernstein as Vice President, and Beverly Slowik as Treasurer. Mayor White was present to administer the oaths of office. Congratulations to all the new officers and thank you for your service to AARP and our community!



## RIDE CONNECT PROGRAM

RIDE CONNECT PROVIDES RESIDENTS AGED 60 AND OVER, WITH TRAVEL INFORMATION AND TRIP PLANNING SERVICES, PROVIDED BY A MOBILITY MANAGER TO HELP SENIORS FIND INFORMATION ON AVAILABLE TRANSPORTATION OPTIONS TO SENIOR CENTERS, MEDICAL APPOINTMENTS, SHOPPING, ECT.

FOR MORE INFORMATION CALL  
BERGEN COUNTY DIVISION OF COMMUNITY  
TRANSPORTATION  
MONDAY TO FRIDAY 9AM-2PM  
(201)368-5955

## SAVE THE DATE

MAYOR WHITE &  
TOWNSHIP COUNCIL WELCOME  
YOU TO JOIN US

ANNUAL TOWNSHIP PICNIC

SATURDAY AUGUST 29TH

RAIN DATE AUGUST 30TH

12– 4PM

OTTO PEHLE PARK  
MUSIC, FOOD, AND FUN!

## ATLANTIC CITY BUS TRIP

**Resorts Casino**

**8/20/26**

8:00 SB Senior Center

10:30 Arrive at Casino

4:30 Depart Casino

7:00 Arrive SB Senior Center

**\$40 PP—\$18 CASH Back**

Call Karen for Reservations

(201) 845-4594



# SENIOR ACTIVITIES CALENDAR

| SUNDAY                                                                           | MONDAY                                                                                                 | TUESDAY                                                                                | WEDNESDAY                       | THURSDAY                                        | FRIDAY                                                                                                                      | SATURDAY                                                                                 |
|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
|  |                                                                                                        |                                                                                        | 1<br>Lunch 11:45<br>BINGO 1:30  | 2<br>Exercise 10:00<br>Happy Stitchers<br>1 pm  | 3<br>CLOSED<br>TOWNSHIP<br>FIREWORKS<br> | 4<br> |
| 5                                                                                | 6<br>Line Dancing<br>Beginner 9:00<br>Regular 10:00<br>Lunch 11:45                                     | 7<br>Exercise 10:00<br>Blood Pressure 11:00<br>Lunch 11:45<br>Senior Club Meeting 1:30 | 8<br>Lunch 11:45<br>BINGO 1:30  | 9<br>Exercise 10:00<br>Happy Stitchers<br>1 pm  | 10<br>BINGO 1:30                                                                                                            | 11                                                                                       |
| 12                                                                               | 13<br>Line Dancing<br>Beginner 9:00<br>Regular 10:00<br>Lunch 11:45<br><br>AARP<br>Hootaney<br>Hoedown | 14<br>Exercise 10:00<br><br>Lunch 11:45<br><br>Senior Club Meeting                     | 15<br>Lunch 11:45<br>BINGO 1:30 | 16<br>Exercise 10:00<br>Happy Stitchers<br>1 pm | 17<br>BINGO 1:30                                                                                                            | 18                                                                                       |
| 19                                                                               | 20<br>Line Dancing<br>Beginner 9:00<br>Regular 10:00<br><br>Lunch 11:45                                | 21<br>Exercise 10:00<br>Lunch 11:45                                                    | 22<br>Lunch 11:45<br>BINGO 1:30 | 23<br>Exercise 10:00<br>Happy Stitchers<br>1 pm | 24<br>BINGO 1:30                                                                                                            | 25                                                                                       |
| 26                                                                               | 27<br>Line Dancing<br>Beginner 9:00<br>Regular 10:00<br><br>Lunch 11:45                                | 28<br>Exercise 10:00<br>Lunch 11:45                                                    | 29<br>Lunch 11:45<br>BINGO 1:30 | 30<br>Exercise 10:00<br>Happy Stitchers<br>1 pm | 31<br>BINGO 1:30                                                                                                            |                                                                                          |

# Karen Zamani

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Saddle Brook Senior Ctr., Saddle Brook, NJ

03-1148

# RECIPE AND SCHEDULE

## RED, WHITE, AND BLUE PIE



**Ingredients:** 2 ounces melted white baking chocolate, 1 graham cracker crust,(9 inches),3/4 cup sliced fresh strawberries,1 package (8 ounces) softened cream cheese,3/4 cup confectioners' sugar,3/4 cup 2% milk,1 package (3.3 ounces) instant white chocolate pudding mix,1 cup whipped topping,1 cup fresh blueberries,8 fresh strawberries, halved lengthwise



**Directions:** Spread melted chocolate onto bottom and side of crust. Arrange sliced strawberries over chocolate. In a bowl, beat cream cheese and confectioners' sugar until smooth; gradually beat in milk. Add pudding mix; beat on low speed until thickened, about 2 minutes. Spread over strawberries. Decorate pie with whipped topping, blueberries and halved strawberries. Refrigerate until serving.

### RECYCLING

|      |    |            |
|------|----|------------|
| July | 3  | Newspaper  |
| July | 10 | Commingled |
| July | 17 | Newspaper  |
| July | 24 | Commingled |
| July | 31 | Newspaper  |



### PAPER SHREDDING EVENT

This year our annual paper shredding event will be held on

September 26th from 9-1pm

at the Municipal Complex 55 Mayhill

## JULY SENIOR MEETINGS

July 13 AARP

Hootenanny Hoedown

July 14 Senior Club Meeting



### CALLING ALL SADDLE BROOK SENIORS!

Mayor White encourages all seniors to visit the senior center and find out what's available to you. Activities 5 days a week and **FREE** lunches every Monday, Tuesday and Wednesday. Saddle Brook promotes healthy habits, that keep our seniors socially active. For more information call Karen: (201) 845-4594



# WORD WISE



## 4TH OF JULY WORD SEARCH

### WORD LIST

AMERICA  
BALLOONS  
BBQ  
CELEBRATE  
FIRECRACKER  
FIREWORKS  
FLAGS  
FREEDOM  
FUN  
INDEPENDENCE  
JULY  
LIBERTY  
NATION  
PARADE  
PARTY  
PATRIOTIC  
PICNIC  
RED  
SPARKLERS  
STARS  
STRIPES  
SUMMER  
USA  
WHITE  
YARD

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Saddle Brook Senior Ctr., Saddle Brook, NJ

03-1148



# IN THE SPOTLIGHT

**IN MEMORIAM**  
**PETER LO DICO**  
**SADDLE BROOK TOWNSHIP CLERK**  
**FORMER MAYOR, COUNCILMAN, & ADMINISTRATOR**

It is with deep regret that we announce the passing of Peter “Pete” Lo Dico, aged 73, on June 16, 2026. Pete earned the affectionate title of “Mr. Saddle Brook” for his decades of dedicated service to the community. As a respected civic leader, he played a vital role in the town's development and in fostering a strong sense of community, becoming an indispensable part of Saddle Brook’s history and identity.

At 18, Pete was elected as the youngest person to the Saddle Brook Board of Education and later served as one of the youngest persons in the country to be Board President in the early 1970's. After serving on the Saddle Brook Board of Education, Pete was elected to the Saddle Brook Township Council in 1976 and later elected Mayor in 1985. After serving on the Township Council and as Mayor, Pete was appointed Saddle Brook Municipal Clerk in 1997, a beloved and passionate role he proudly held until his passing. He also served as Saddle Brook Business Administrator for many years until 2022. He became an active member of the Bergen County Municipal Clerks Association and later served as the Association's President in 2013. With a sincere desire to be a dedicated and active part of the Saddle Brook community and to serve the residents, he was also a member of the Saddle Brook Historical Society, named Township Historian, and served as Mayor's Alternate on the Saddle Brook Library Board Trustees. During the 1980s and 1990s, Pete was employed by Paramus Catholic High School as their Administrative Procurement Director. Pete will be deeply missed.

