

SADDLE BROOK SENIOR NEWS
8 CALDWELL AVENUE
SADDLE BROOK, NJ 07663
Tel: (201) 845-4594 Open: 8:30—2:30



AUGUST 2026

Senior Activities are available for seniors 55 years and older

AROUND THE TOWN

OCEAN CITY MARYLAND TRIP

SEPTEMBER 15-18

4 DAYS & 3 NIGHTS

PACKAGE PRICE: \$617.00 /PP DBL

SINGLES ADD: \$177.00

Package includes: roundtrip transportation, 3 nights deluxe accommodations in Ocean City MD, 3 breakfasts, 3 fine dining dinners, visit the wild ponies, shop and sightsee Historic Berlin, County Store, Salisbury Zoo, OCEAN DOWNS CASINO, Tangers Outlet, Dolphin Watch Cruise, boardwalk, pool and beach time. All taxes and meal gratuities and baggage handling included.

For more information & reservations, call Karen at (201)845-4594.

SENIOR CENTER LUNCH MENU

August

Suggested Donation \$1.25 per meal

Donations are voluntary and confidential.

No one will be denied a meal if a donation is not given.

Guest Meals - \$5.37

Monday	Tuesday	Wednesday
3 Health Salad Chicken Scampi Brown Rice with Scampi Sauce Sweet Baby Peas  Whole Wheat Bread Fresh Seasonal Fruit	4 Spring Mix Salad Italian Pork Loin with Apple Cinnamon Glaze Diced Sweet Potato Brussel Sprouts Pumpkin Bread Diced Peaches	5 Marinated Antipasto Salad Vegetable Lasagna Cannellini Beans Italian Blend Vegetables Garlic Bread Fresh Seasonal Fruit Parmesan Cheese
10 Escarole and Bean Soup Stuffed Cabbage Mashed Potato Broccoli Florets Multigrain Bread Fresh Seasonal Fruit	11 Creamy Cucumber Salad Chicken Tikka Masala Basmati Rice Mixed Greens Naan  Fruit Yogurt	12 Roast Beef and Provolone with Lettuce and Tomato Vegetable Pasta Salad 3-Bean Salad Mayonnaise Whole Wheat Bread (x2) Fresh Seasonal Fruit
17 Marinated Chickpea Salad Stuffed Peppers Potatoes Au Gratin Italian Flat Beans Whole Wheat Bread Fresh Seasonal Fruit	18 Broccoli Cheddar Soup Egg Salad with Lettuce and Tomato Vegetable Orzo Salad Beet and Onion Salad Rye Bread (x2) Fresh Seasonal Fruit	19 Tomato Onion Salad Beer Battered Cod Oven Baked Tater Tots Mixed Vegetables Whole Wheat Bread Fresh Seasonal Fruit 
24 Garden Salad Balsamic Pot Roast with Gravy Baked Potato Sour Cream Broccoli Spears Multigrain Bread Fresh Seasonal Fruit	25 Caesar Salad Chicken Parmesan Penne Marina Italian Blend Vegetables Garlic Knot Fresh Seasonal Fruit Caesar Dressing/Parmesan Cheese	26 Split Pea Soup Baked Herbed Chicken Rice Pilaf Sautéed Spinach Hawaiian Bread Cubed Watermelon
31 Cheeseburger with Lettuce and Tomato Red Skin Potato Salad Broccoli Slaw Hamburger Bun Rainbow Sherbet		

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!

TRANSPORATION AVAILABLE AT

55 MAYHILL STREET

MUNICIPAL COMPLEX

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

SENIOR ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Line Dancing Beginner 9:00 Regular 10:00 Lunch 11:45 AARP 1:30	4 Exercise 10:00 Lunch 11:45 NATIONAL NIGHT OUT	5 Lunch 11:45 BINGO 1:30	6 Exercise 10:00 Happy Stitchers 1 pm	7 BINGO 12:30	8
9	10 Line Dancing Beginner 9:00 Regular 10:00 Lunch 11:45	11 Exercise 10:00 Lunch 11:45 Senior Club Meeting 1:30	12 Lunch 11:45 BINGO 1:30	13 Exercise 10:00 Happy Stitchers 1 pm	14 BINGO 12:30	15
16	17 Line Dancing Beginner 9:00 Regular 10:00 Lunch 11:45	18 Exercise 10:00 Lunch 11:45	19 Lunch 11:45 BINGO 1:30	20 Exercise 10:00 Happy Stitchers 1 pm	21 BINGO 12:30	22
23/30	24/31 Line Dancing Beginner 9:00 Regular 10:00 Lunch 11:45	25 Exercise 10:00 Lunch 11:45	26 Lunch 11:45 BINGO 1:30	27 Exercise 10:00 Happy Stitchers 1 pm	29 BINGO 12:30	29 TOWNSHIP ANNUAL PICNIC 

Karen Zamani

Broker/Realtor



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RECIPE AND SCHEDULE

SHEET PAN SUMMER SAUSAGE AND VEGETABLES

1 large red onion, halved and sliced ¼-in (6-mm) thick, 3 large carrots, sliced on an angle ½-in (13-mm) thick, 1 lb Brussels sprouts, stemmed and halved (if small, leave whole) 3 tablespoons extra-virgin olive oil, 1 teaspoon salt, ½ teaspoon freshly ground black pepper, 1 teaspoon dried thyme, 1 lb fresh hot (or sweet) Italian sausage links (bratwurst, chorizo, or any sausage that you like may be substituted)

Preheat the oven to 425°F (220°C) and set an oven rack in the middle position. Line a 13 x 18-in (33 x 46-cm) baking sheet with heavy-duty aluminum foil for easy clean-up, if desired.

Directly on the baking sheet, toss the onion, carrots, and Brussels sprouts, oil, salt, pepper, and thyme until the vegetables are evenly coated. Place the sausages on the baking sheet, spacing them evenly around the pan, and arrange the vegetables as best you can in a single layer. Roast for 25 minutes, until the sausages are cooked through and the vegetables are caramelized and tender (no need to stir while cooking).

RECYCLING

August 7	Commingled
August 14	Newspaper
August 21	Commingled
August 28	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

WHAT DO YOU CALL A LABRADOR AT THE BEACH IN AUGUST?



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, lunch every Monday, Tuesday and Wednesday (Suggested donation \$1.25). Saddle Brook promotes healthy habits, that keep our seniors socially active. For more information call Karen: (201)



ANSWER: A HOT DOG

WORD WISE

Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

A Trip To The Beach Word Search

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

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 BATHING SUIT
 BEACH BALL
 BEACH CHAIR
 BUCKET
 BUG SPRAY
 CHAPSTICK
 COOLER
 FRISBEE
 GOGGLES
 GOOD BOOK
 HAT
 SANDALS
 SARONG
 SHORTS
 SHOVEL
 SNACKS
 SNORKEL
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 SUNSCREEN
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03-1148



IN THE SPOTLIGHT

The Saddle Brook Senior Center hosted a successful Pancake Breakfast and Bingo event on Saturday, July 18th. Senior Director Karen D'Arminio, along with Paula Bernstein, Sandy Goodwin, Lorrie Lowry, and Beverly Slowik, made sure everything ran smoothly. Attendees enjoyed a delicious breakfast and participated in a lively game of Bingo, with Mayor Bob White joining in on the fun.

