

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

HELLO

September



SEPTEMBER 2026

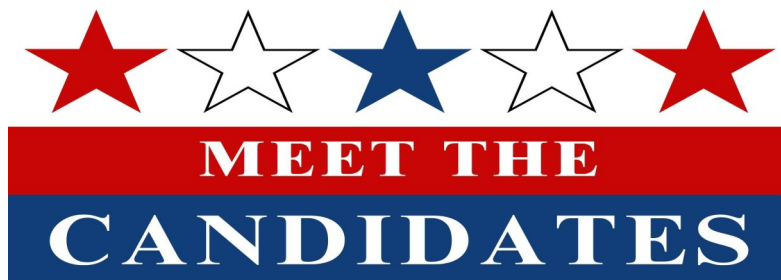
Senior Activities are available for seniors 55 years and older

AROUND THE TOWN



SEPTEMBER 26th
PAPER SHREDDING EVENT
55 MAYHILL STREET
9:00—12:00

Recycling unwanted confidential documents. Non-confidential documents such as books, magazines and newspapers will not be accepted. Limit 4 bags/boxes weighing no more than 10 lbs. each. Observe Materials being shredded on-site.



THE LEAGUE OF
WOMEN VOTERS OF BERGEN COUNTY
HOSTS

MEET THE SADDLE BROOK MAYOR AND COUNCIL CANDIDATES
IT'S AN OPPORTUNITY FOR RESIDENTS TO HEAR
DIRECTLY FROM THE CANDIDATES AND LEARN MORE ABOUT
THEM

TUESDAY SEPTEMBER 29TH 7:00—9:00 P.M.



SENIOR ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 CLOSED 	8 Exercise 10:00 Lunch 11:45	9 Lunch 11:45 BINGO 1:30	10 Exercise 10:00 Happy Stitchers 1 pm	11 BINGO 12:30 9/11 Ceremony Town Hall 5:30	12
13	14 Line Dancing Beginner 9:00 Regular 10:15 Lunch 11:45 1:30 AARP & Senior Meeting	15 Exercise 10:00 Lunch 11:45	16 Lunch 11:45 BINGO 1:30	17 Exercise 10:00 Happy Stitchers 1 pm	18 BINGO 12:30	19
20	21 Line Dancing Beginner 9:00 Regular 10:15 Lunch 11:45	22 Exercise 10:00 Lunch 11:45	23 Lunch 11:45 BINGO 1:30	24 Exercise 10:00 Happy Stitchers 1 pm	25 BINGO 12:30	26 Paper Shredding Event 9:00-1:00 55 Mayhill St.
27	28 Line Dancing Beginner 9:00 Regular 10:15 Lunch 11:45	29 Exercise 10:00 Lunch 11:45	30 Lunch 11:45 BINGO 1:30			

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 Hiring Ad Sales Executives

- Paid Training
- Full-time with Benefits



Visit www.lpicommunities.com/careers



No act of
kindness is
ever wasted

Advertise in Our Newsletter!

Contact Nicole Tulloch

ntulloch@4LPi.com

(800) 950-9952 x8901



Does your
organization need
a newsletter?

We'll cover the
printing costs!

Learn more at
lpicommunities.com



RECIPE AND SCHEDULE



Garlicky Alfredo Ditalini



- **1/2 cup** extra-virgin olive oil
- **8** cloves garlic, thinly sliced
- **8 oz.** ditalini
- **1 tsp.** smoked paprika
- **1 cup** (or more) heavy cream
- **2 cups** (or more) low-sodium vegetable broth, divided
- **2 oz.** Pecorino Romano or Parmigiano Reggiano, finely grated (about **1 cup**), plus rind (optional)
- **1 Tbsp.** white miso paste
- **1 Tbsp.** unsalted butter
- 2 tsp.** thinly sliced chives

In a medium, high-sided skillet over medium heat, heat oil. Cook garlic, stirring occasionally, until beginning to turn golden, 3 to 4 minutes; don't leave them unattended since they will brown very quickly. Using a slotted spoon, transfer garlic to a paper towel-lined plate. Carefully pour out half of oil and discard. Sprinkle ditalini into pan. Add paprika and cook, stirring occasionally, until pasta is toasty and very lightly blistered, 1 to 2 minutes. Add cream, 1½ cups broth, and cheese rind (if using). Cook, stirring consistently to avoid sticking and reducing heat to medium-low if it's rapidly boiling, until liquid begins to thicken, 8 to 10 minutes. Add miso and ½ cup broth and continue to cook, stirring often, until very creamy and thickened, 6 to 8 minutes more. Remove from heat. Stir in Pecorino and butter until melted. If sauce seems too thick, add a little more broth or cream. Discard cheese rind.

RECYCLING

September	4	Commingled
September	11	Newspaper
September	18	Commingled
September	25	Newspaper



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)



WORD WISE



SEPTEMBER

*September
national days
word search
printable
from Always
the Holidays*

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

**PATRIOT DAY
PROPOSAL DAY
GRATITUDE DAY
DEAF DAY
BATMAN DAY
SOBER DAY
ALZHEIMERS DAY**

**PEANUT DAY
GYRO DAY
CHAI DAY
SALAMI DAY
FAMILY DAY
GREENPEACE DAY
SCARF DAY**

**VFW DAY
RHINO DAY
RESPECT DAY
SKYSCRAPER DAY
TV DINNER DAY
SUDOKU DAY
COFFEE DAY**

Patrick J. Conte

Funeral Home Inc.

Stephen P. Conte, Jr. Manager

NJ Lic No. 3785



201-796-0060

274 Market St. • Elmwood Park

Caduceus Skilled Healthcare

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

551-218-3790 | www.chcsorg.com



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



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

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

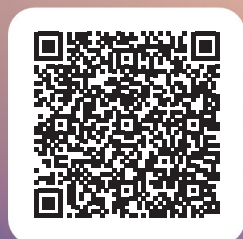
SafeStreets

833-287-3502

Never miss our publication!



Get each new issue
delivered straight to
your inbox.



Scan to subscribe on
MyCommunityOnline.com



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

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



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

Saddle Brook Senior Ctr., Saddle Brook, NJ

03-1148

IN THE SPOTLIGHT

Residents Joseph Lentini and Joe Santos, representing American Cruisers Custom & Classic Cars, presented a \$2,500 check to Captain Lou Rodriguez and President Joe Puzino of the Saddle Brook Volunteer Ambulance Corps. This donation comes from the proceeds of the car show they co-hosted on Sunday, August 9, 2026. Mayor Bob White and Councilwoman Sarah Sanchez attended the presentation. We appreciate all the businesses that sponsored the car show.



The Saddle Brook Green Team partnered with St. Philip Church on their Astronomy Event. Lonny Buinnis gave an excellent lecture on the celestial objects visible in the August night sky. After that, Steve Mariconda of the Saddle Brook Green Team gave a quick lecture on Light Pollution and how we can reduce it to see more stars and in the night sky and protect wildlife and human health. After the lectures, we had a star party in the parking lot where we observed various stars, despite the haze, via telescope and long exposure camera.. Thank you to St Philip Church, Father Bruce, and Lonny Buinnis for hosting this Astronomy event! Special thanks to Thomas Van Winkle for taking photos and Tyler Pozzi for taking videos that will soon appear on the Saddle Brook TV station

