

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



OCTOBER 2026

Senior Activities are available for seniors 55 years and older

AROUND THE TOWN

Mayor White and the Township Council host Saddle Brook Seniors

Join us on October 20th for a spooktacular Senior Halloween Party at the VFW! The event will be held from 6:00 to 9:00 PM, featuring a delightful evening of dinner, dancing, and dessert. Whether you're looking to show off your best dance moves, enjoy a delicious meal, or indulge in sweet treats, this gathering promises a hauntingly good time. Don't miss out on the fun—feel free to wear your favorite costume and embrace the festive spirit! For more information, please contact Karen at (201) 845-4594. We look forward to celebrating with you!



Leaf bags will be available starting October 1st on a first-come, first-served basis, while supplies last. These bags are intended for residents only, with a limit of 10 bags per household. You can pick them up at Town Hall, located at 55 Mayhill Street. Be sure to visit early to ensure you get your bags for the season!



Bergen County Superintendent of Elections

General Election 2026

Important Election Dates

SEPTEMBER 19

Mailing of Vote-By-Mail Ballots Begins

OCTOBER 13

VOTER REGISTRATION DEADLINE

OCTOBER 24 - NOVEMBER 1

EARLY VOTING PERIOD

OCTOBER 27

Deadline to Apply for Mail-In-Ballot by Mail

OCTOBER 30

Deadline Mail-In Ballot for Overseas/Military

NOVEMBER 2 - 3:00 PM

Deadline for In-Person Mail-In-Ballot Applications

NOVEMBER 3

GENERAL ELECTION

CONTACT INFORMATION

MAIL-IN
BALLOT
APPLICATIONS
County Clerk
201-336-7020

VOTER
REGISTRATION
Superintendent
of Elections
201-336-6109

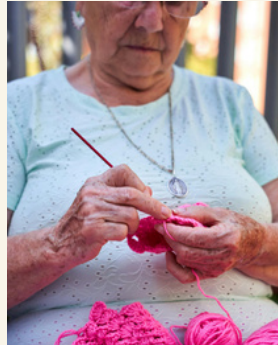
MAIL-IN BALLOT
RETURN
Board of Elections
201-336-6330

ACTIVITIES CALENDAR

WE ARE CLOSED Monday, October 12th in observance of Columbus Day

OCTOBER 2026

- **Monday:**
 - 9:00 - Line Dancing Beginner
 - 10:15 - Line Dancing Regular
 - 11:45 Lunch
- **Tuesday:**
 - 10:00 - Exercise
 - 11:45 - Lunch
- **Wednesday:**
 - 11:45 Lunch
 - 1:30 - Bingo
- **Thursday:**
 - 10:00 - Exercise
 - 1:00 - Happy Stitches
- **Friday:**
 - 12:30 Bingo



SPECIAL MEETINGS OR PROGRAMS

- October 5th - AARP 1:30
- October 7th - Cooking & tasting with Julianne Gallo (registered dietician) 10:00
- October 13th - Saddle Brook Senior Club Meeting 1:30
- October 15th - Hearing Tests 1:00
- October 20th - Senior Halloween Party 6-9pm - call the center for info. (201) 845-4594



Karen Zamani

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RECIPE AND SCHEDULE



Healthy Applesauce Oat Muffins



1 cup (100 g) old-fashioned rolled oats, 1 cup (227 g) unsweetened applesauce, $\frac{1}{2}$ cup milk, 1 large egg, 1 teaspoon vanilla, $\frac{1}{4}$ cup (57 g) butter or coconut oil, melted, $\frac{1}{3}$ cup (71 g) granulated sugar or honey $\frac{3}{4}$ cup (107 g) whole wheat flour, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon baking soda, 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup (70 g) dried cranberries or raisins (optional)

Directions

Preheat the oven to 375 degrees F. Line a 12-cup muffin tin with liners or grease the muffin cups.

In a medium bowl, stir together the oatmeal, applesauce, milk, egg, vanilla, butter and sugar.

In a large bowl, whisk together the flour, baking powder, baking soda, cinnamon and salt (and cranberries or raisins if using). Make a well in the center and pour in the applesauce mixture. Stir until just combined (don't overmix or the muffins will be dense and dry). The muffin batter texture might be a bit different (wetter?) than other muffin batters but no fear, carry on! Distribute the batter evenly among the 12 muffin cups. Bake for 15-20 minutes until a toothpick inserted in the center comes out clean. Don't overbake or the muffins will be dry.

Remove the muffins to a rack to cool completely. Once cool, I place 6-9 muffins in a large freezer ziploc bag, suck all the air out and seal the bag, then freeze.

RECYCLING

OCTOBER

- 2 Commingled
- 9 Newspaper
- 16 Commingled
- 23 Newspaper
- 30 Commingled



Riddle: What is a ghost's favorite dessert?

WORD WISE



FROM TWOKIDSANDACOUPON.COM

J N E C H I L L Y C M B S V M	FALL
V F W C Q F S I T K R S T O A	HARVEST
V A S Q U I R R E L P I O D C	ACORN
J L U J V G O F J T R P S M O	SQUIRREL
O L P U M P K I N S R E K P R	LEAVES
A I G Y G H A Y R A C K J L N	APPLE
U S C M H Z O C W N F F A I V	CIDER
T Z C M M N K U L E A V E S I	CRISP
U H Q A H A L L O W E E N D T	HALLOWEEN
M G A G R H T C A D A L I A Z	AUTUMN
N W R R D E N I I I N P J P L	PUMPKINS
H X H X V J C F Y D O G P P G	SCARECROW
E Z M E E E D R K C E L V L G	APPLES
I U L L J A S F O I V R J E E	CHILLY
Y Z T W K N V T A W P A U S R	HAYRACK



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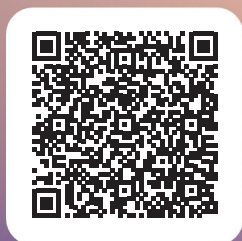
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Nicholas Vander Plaats, Manager NJ LIC 4711



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IN THE SPOTLIGHT



Our community gathered for the 9/11 Remembrance Ceremony and Monument Unveiling. Thank you, Mayor White, Township Council, Saddle Brook 9/11 Committee, Mikes Amazing, Inc., The Nasello Group, and Frank Macchione Paving. Our new monument serves as a lasting reminder that we will never forget the innocent lives taken so soon and the heroes who made the ultimate sacrifice.