SADDLE BROOK SENIOR NEWS

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

Tel: (201) 845-4594 Open: 8:30—2:30

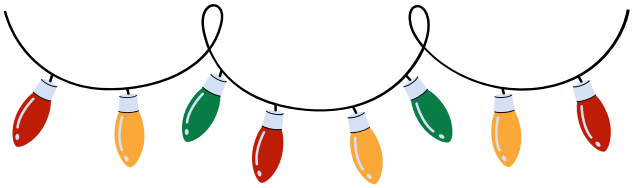


NOVEMBER 2026

Senior Activities are available for seniors 55 years and older

AROUND THE TOWN





JOIN MAYOR WHITE AND

TOWNSHIP COUNCIL

FOR THE ANNUAL

TREE LIGHTING CEREMONY

55 MAYHILL STREET NOVEMBER 27 AT 6PM

Leaf bags are available 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!



ATLANTIC CITY

BUS TRIPS

1st SUNDAY

OF EVERY MONTH

CALL MARIA FOR MORE

INFORMATION

(973)931-1169

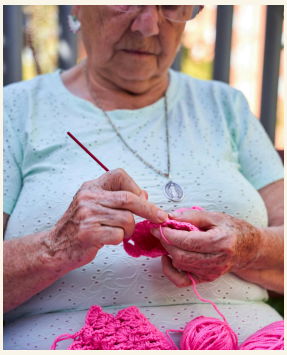
ACTIVITIES CALENDAR

WE ARE CLOSED NOVEMBER 26th & 27th



NOVEMBER 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 Stitchers**
- **Friday:**
  - **12:30 Bingo**





SPECIAL MEETINGS OR PROGRAMS

- **November 9 - AARP and Senior meeting combined 1:30**
- **November 10 - Trivia Event - Prizes awarded 12:45-1:30**
- **November 14 - Breakfast Bingo 9:00**



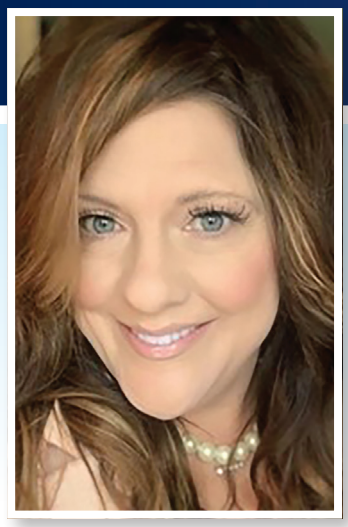
Senior HelpLine
(201) 336-7400

A service of the
Aging and Disability Resource Connection (ADRC)
Bergen County
Department of Human Services
Division of Senior Services

Karen Zamani

Broker/Realtor





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RECIPE AND SCHEDULE

Roasted Butternut Squash Pasta

1 large butternut squash, peeled, seeds scooped and discarded, and cut into 1" cubes, 1/4 cup extra-virgin olive oil, divided. Kosher salt Freshly ground black pepper (to taste) 10 oz. pasta, such as cavatelli or gemelli 1/2 cup (1 stick) salted butter 4 cloves garlic 1/4 cup chopped fresh sage 1 cup roasted chopped walnuts 1/2 cup crumbled gorgonzola.

Step 1 Preheat oven to 350º. On a large baking sheet, toss squash with 2 tablespoons olive oil and season with salt and pepper. Roast until tender and golden, 35 to 40 minutes. Step 2 Meanwhile, in a large pot of salted boiling water, cook pasta. Drain, reserving ½ cup pasta water. Step 3 In a large skillet over medium heat, heat butter and remaining 2 tablespoons olive oil. Add garlic, sage, and walnuts and cook, stirring frequently, until fragrant, 2 minutes. Add roasted butternut squash and cook, tossing, 30 seconds. Add cooked pasta and pasta water and season with salt and pepper. Toss until combined and Sprinkle pasta with gorgonzola . ENJOY!

RECYCLING

NOVEMBER

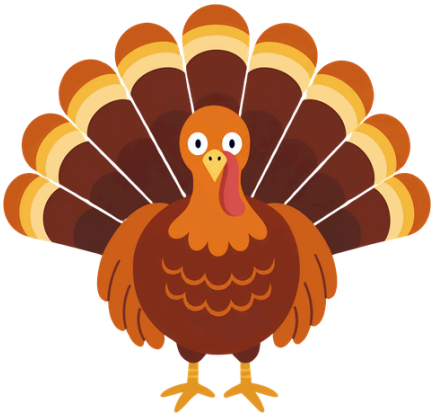
6 Newspaper

13 Commingled

20 Newspapoer

27 Commingled

WHAT DO YOU CALL A TURKEY ON THE DAY AFTER THANKSGIVING?



LUCKY

WORD WISE


Thanksgiving
Word Search
M P U M P K I N D I N N E R
A C R A N B E R R Y M P U I
S B L E S S I N G T C C Y L
H P A R A D E N A T I V E T
E K C S F N H A R V E S T F
D C P I L G R I M E A F D E
N X I A R E C I P E B T E A
C E L E B R A T E B E O I S
F A U T U M N C F E O F K T
O R C H A R D A G R A V Y T
Harvest
Cranberry
Pumpkin
Autumn
Pilgrim
Feast
Parade
Dinner
Blessing
Mashed
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Recipe
Gravy
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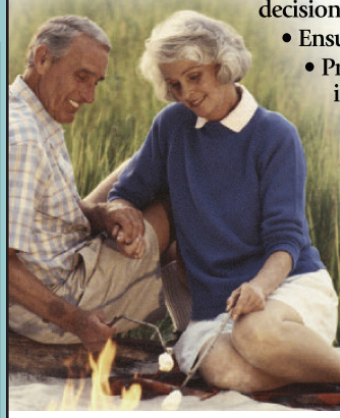
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IN THE SPOTLIGHT

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October 26, 2026













