

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



MAY 2024

The Senior Center is available for seniors age 55 years and older

Around The Town

Saddle Brook's
2024 Summer Concert Series
30 MAY 55 Mayhill St
TUNED UP | 7:00 PM


26 JUN
HERE'S ELTON | 7:00 PM

17 JUL
80'S REVOLUTION | 7:00 PM

28 AUG
ALTERED STATE | 7:00 PM


Concerts not sponsored by the SB Board of Ed

Boy Scout Troop 213
Pre-Mothers Day Breakfast Buffet
 Sea Base High Adventure Fundraiser
 On May 11th from 8:30am to 11:00am
 At the- 12th floor Sky Restaurant in the Crowne Plaza,
 Saddle Brook NJ



Pre Sale- \$20 At-door- \$25
 For Pre-Pay or any questions contact Ms. Tovar through
 Shirleycreations@hotmail.com or (201)-637-6219

Troop 213 is going on a High Adventure trip, Sea base. Sea Base is were the scouts get to go out into the Florida Keys and Scuba Dive and explore sea life. Scouts also get to sail a sailboat around the Florida Keys.



**FAIR LAWN ROTARY
 HOSTS**

**DRUM CIRCLE
 AT SADDLE BROOK
 SENIOR CENTER**

**MAY 21 at 12:00
 LUNCH WILL BE SERVED
 CONTACT JOE
 (201)845-4594**

Bergen County Executive
 James J. Tedesco, III
 and the
 Bergen County Board of Commissioners
 together with the
 Bergen County Department of Human Services/
 Division of Senior Services
 Invite All Bergen County Senior Citizens to the

**BERGEN COUNTY SENIOR NUTRITION PROGRAMS
 OPEN HOUSE**

Please join us at one of the 24 Senior Activity Centers
 or Nutrition Sites in Bergen County to celebrate
 Older Americans Month

9:00AM - 2:00PM

Seniors age 60 and over can enjoy: Healthy free lunches,
 socialization, exercise, education, and more. Visit our locations
 during the Open House and find the program that is right for you.




Reservations are required for lunch.
 Please call the location of your choice for details and reservations.
 Deadline for Lunch Reservations is 1 week prior.
 See back for list of all locations and dates.

Celebrate the
 Senior Nutrition Program
 2024 - CONNECTION IN EVERY BITE

Transportation is available by calling
 Bergen County Division of Community
 Transportation 201-368-5955




SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 BINGO 12:45 Blood Pressure 12:00-1:00	2 Exercise 10:45 AM Happy Stitches 1:00 PM	3 BINGO 12:45	4
5	6 Line Dancing 10:00 AARP 12:30	7 Exercise 10:15 AM	8 BINGO 12:45	9 Exercise 10:15 AM Happy Stitches 1:00 PM Blood Pressure 9:00-11:00	10 BINGO 12:45	11
12 	13 Line Dancing 10:00	14 Exercise 10:15 AM Senior Club 1:00 PM	15 BINGO 12:45	16 Exercise 10:15 Happy Stitches 1:00 PM	17 BINGO 12:45	18
19	20 Line Dancing 10:00	21 Exercise 10:15 AM	22 BINGO 12:45	23 Exercise 10:15 Happy Stitches 1:00PM	24 BINGO 11:45	25
26 MEMORIAL DAY PARADE 1:30	27 CLOSED 	28 Exercise 10:15 AM	29 BINGO 12:45	30 Exercise 10:45 Happy Stitches 1:00 PM	31 BINGO 12:45	



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- Ensures that wishes are expressed
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201-891-4770

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Nicholas Vander Plaats, Manager NJ LIC 4711



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RECIPE AND SCHEDULE

Pine Nut-Crusted Tilapia



- 1/2 cup pine nuts, ground
- 1/4 cup all-purpose flour
- 1/4 teaspoon dill weed
- 1/4 teaspoon lemon-pepper seasoning
- 1 large egg
- 3 tablespoons lemon juice
- 1 teaspoon honey
- 4 tilapia fillets (6 ounces each)

- 1. In a shallow bowl, combine the pine nuts, flour, dill and lemon pepper. In another shallow bowl, combine the egg, lemon juice and honey. Dip fillets into egg mixture, then coat with nut mixture.

2. In a large nonstick skillet, cook fish in butter over medium heat until fillets just begin to flake easily with a fork, 4-5 minutes on each side. If desired, drizzle with additional honey.

May	3	Commingled
May	10	Paper
May	17	Commingled
May	24	Paper
May	31	Commingled
June	7	Paper



DO YOU NEED A RIDE?

The Saddle Brook Senior Center Schedules rides to the Doctor on Monday, Tuesday, Wednesday and Friday. Food shopping is on Thursday. Please call to reserve a spot on the Monday before. The bus also picks up on Wednesday and Friday For Bingo call on Monday for pick up. For more information and to schedule a pick up please call the Senior Center Director, Joseph Lecce (201) 845-4594.

AC CASINO TRIPS

Call Maria 973 931 1169

AARP

- May 6— 12:30
Hight School Choraleers

- June 10— 12:30

- July 1—12:30

Saddle Book Stitches
Are looking for donations of yarn .If you or someone you know would like to donate yarn ,please call Joe Lecce

201 845 4594

WORD WISE



Mother's Day Word Search



APPRECIATE	S	M	C	Y	W	D	R	M	C	A	P	K	U	M	I
BEAUTIFUL	F	L	F	T	H	R	R	O	Q	P	P	A	P	E	N
CELEBRATE	C	O	A	E	M	O	M	T	R	P	R	A	R	T	A
COMFORTING	R	V	R	F	T	R	E	H	E	R	E	Y	O	J	Y
DEVOTED	V	I	T	F	E	E	X	E	D	E	V	O	T	E	D
FLOWERS	E	N	D	L	G	L	I	R	X	C	I	R	E	W	A
GIFTS	R	G	C	O	M	F	O	R	T	I	N	G	C	E	R
HUGS	R	I	N	W	L	L	O	T	I	A	T	I	T	L	E
JEWELRY	A	N	C	E	L	E	B	R	A	T	E	F	S	R	D
KISSES	X	A	I	R	R	O	T	E	C	E	S	T	O	Y	U
LOVING	H	U	G	S	J	F	S	O	K	I	S	S	E	S	C
MAY	V	W	O	N	D	E	R	F	U	L	R	E	Y	E	E
MOM	X	S	O	M	N	N	U	R	T	U	R	E	I	N	A
MOTHER	U	B	E	A	U	T	I	F	U	L	E	P	V	E	B
NURTURE	X	J	D	Y	F	Z	I	C	B	J	W	E	S	T	S
PROTECTS															
WONDERFUL															



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IN THE SPOTLIGHT



Congratulations to Pat Fiore and Joelle O'Brien of the Saddle Brook Senior Club! Mayor Bob White swore in Pat as President and Joelle as Recording Secretary of the Senior Club. Good luck and best wishes to them.



SADDLE BROOK TOWNWIDE GARAGE SALE

FRI. MAY 17 - SUN. MAY 19

Flyer with more information to follow



Congressman Bill Pascrell presented the Township with a \$1,000,000 federal grant. The grant will secure a new emergency generator to keep town residents and first responders safe during storms.

