

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 **17:00 PM**

26 JUN **HERE'S ELTON** **17:00 PM**

17 JUL **80'S REVOLUTION** **17:00 PM**

28 AUG **ALTERED STATE** **17:00 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 where 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.



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



James J. Tedesco III
 Bergen County Executive

Board of County Commissioners
 Geraldine M. Ortiz, Chairwoman • Mary J. Amoroso, Vice Chairwoman • Dr. Joan M. Voss, Chair Pro Tempore
 Rafael Marte • Thomas J. Sullivan • Steven A. Tanelli • Tracy Silna Zur

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



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 112:45	25
26 MEMORIAL DAY PARADE 1:30	27 CLOSED 	28 Exercise 10:15 AM	29 BINGO 12:45	30 Exercise 10:45 Happy Stitchers 1:00 PM	31 BINGO 12:45	



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- 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 Plaat, Manager NJ LIC 4711



13-31 Saddle River Road
Fair Lawn

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CONTACT ME
Brian O'Neill

boneill@lpicommunities.com

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RECIPE AND SCHEDULE

Pine Nut-Crusted Tilapia



- 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.

- 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)

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
BEAUTIFUL
CELEBRATE
COMFORTING
DEVOTED
FLOWERS
GIFTS
HUGS
JEWELRY
KISSES
LOVING
MAY
MOM
MOTHER
NURTURE
PROTECTS
WONDERFUL

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



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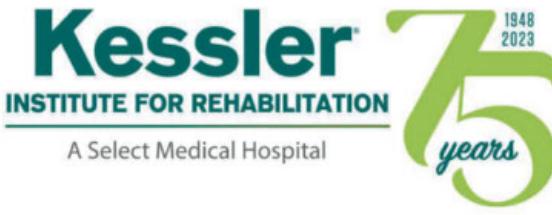


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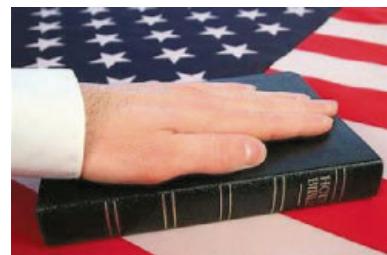


Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://lpicommunities.com) Saddle Brook Senior Ctr., Saddle Brook, NJ 07662

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 TOWNSWIDE 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.

