

SADDLE BROOK SENIOR CENTER
8 CALDWELL AVENUE
SADDLE BROOK, NJ 07663
Tel: (201) 845-4594 - Open: 8:00—3:30



NOVEMBER 2024

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

AROUND THE TOWN

CONGRATULATIONS!

An anniversary celebration was held on October 27, for Firefighters Ed Ceccacci serving 50 years and Andrew J. Gallo for serving 25 years.



**THANK YOU FOR
YOUR SERVICE!**

SADDLE BROOK ORDINANCE #1759-24

RESIDENTS ARE REQUIRED TO HAVE GARBAGE CANS WITH LIDS (ATTACHED OR UNATTACHED). ANY GARBAGE CAN PLACED AT THE CURB FOR COLLECTION ON PICK UP DAYS MUST BE PLACED IN A TRASH CAN WITH A LID.



**SAVE THE DATE
HOLIDAY TREE LIGHTING CEREMONY
11/29/24
AT THE MUNICIPAL COMPLEX
55 MAYHILL STREET
6PM**



SENIOR CENTER CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNES-
DAY

THURSDAY

FRIDAY

SATURDAY



1

2

BINGO

12:45

3

4

5

6

7

8

9

Line Dancing
Beginner 9:30
Regular 10:00

Exercise
10:15

BINGO
12:45

Exercise
10:15

BINGO
12:45

Happy Stitches
1:00

10

11

12

13

14

15

16

Line Dancing
Beginner 9:30
Regular 10:00

Exercise
10:15

BINGO
12:45

Exercise
10:15

BINGO
12:45

Senior Club
1:00

Happy Stitches
1:00

17

18

19

20

21

22

23

AARP Meeting
12:30
Line Dancing
Beginner 9:30
Regular 10:00

Exercise
10:15

BINGO
12:45

Exercise
10:15

BINGO
12:45

Happy Stitches
1:00

24

25

26

27

28

29

30

Line Dancing
Beginner 9:30
Regular 10:00

Exercise
10:15

BINGO
12:45



**Tree
Lighting
6:00
Center is
Closed**

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.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

LET'S GROW YOUR BUSINESS

Place Your Ad Here
and Support Our Parish!

CONTACT ME
Donna Delgrosso

ddelgrosso@4LPi.com
(800) 477-4574 x3107

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



RECIPE AND SCHEDULE



Pumpkin Pasta Bake with Kale and Buttered Pecans

Ingredients: 12 ounces of pasta, 1 tbsp.. butter, 10 sage leaves, 1/2 cup of pecans coarsely chopped, 1 tbsp.. oil, 1 medium red onion sliced thin, 2 cloves of garlic minced, 2 cups of chopped kale, 14 oz. canned pumpkin, 1 cup of cottage cheese, 2 tbsp.. chopped sage, 1 tsp. salt, 1/2 tsp. black Pepper, 8 oz. shredded mozzarella.

Preheat your oven to 350 degrees Fahrenheit. Cook the pasta in a large pot of salted boiling water until al dente. Reserve one cup of the pasta cooking water, drain the pasta, and then return it to the pot. While the pasta is cooking, prepare the rest of the recipe. Melt the butter in a small frying pan over medium-high heat. Add the whole sage leaves and cook until they're crispy, about 1 minute. Remove them from the pan and set them aside. In the same pan, add the pecans and let them toast until they are fragrant, about 5 minutes. Heat the olive oil in a large pan over medium-high heat. Add the onion and cook till soft, about 5 minutes. Add the garlic and kale and cook until the kale is wilted, about 2 minutes. In a medium-sized bowl, mix the pumpkin, cottage cheese, sage, black pepper, cayenne, and salt. Pour the pumpkin sauce over the cooked pasta, add the kale and half of the mozzarella cheese, and mix well. If the pasta seems dry, add some of the reserved pasta water until it is nice and creamy. Transfer the pasta to a 9×11-inch casserole dish and top with the remaining mozzarella, crispy sage leaves, and buttered pecans. Bake, uncovered, for 25 minutes, or until the pasta is hot and bubbling.

NOVEMBER RECYCLING SCHEDULE

Commingled: 1, 15, 29

Paper: 8, 22



Saddle Brook Stiches are looking for donations of yarn. If you or someone you know would like to donate yarn, please call the center (201) 845-4594.



WORD WISE

Thanksgiving

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

BOUNTY
CRANBERRIES
DRESSING
FAMILY
GATHER
GRATITUDE
GRAVY

GREEN BEANS
HAM
HARVEST
NOVEMBER
PARADE
PIE
PUMPKIN

SHARING
STUFFING
THANKSGIVING
THURSDAY
TURKEY



Patrick J. Conte

Funeral Home Inc.

Stephen P. Conte, Jr. Manager

NJ Lic No. 3785



201-796-0060

274 Market St. • Elmwood Park

ADVERTISE HERE

to reach your community



Call 800-950-9952

Kessler
INSTITUTE FOR REHABILITATION

A Select Medical Hospital

Top ranked

Specialized programs

Stroke | Brain injury | Spinal cord injury | Cancer
Orthopedic trauma | Amputation | Medically complex
Neurologic conditions | Cancer | Cardiac recovery

888-KESSLER | kessler-rehab.com

**BEST
HOSPITALS**

U.S. News
& WORLD REPORT

REHABILITATION
2024-2025

#4 in
the nation

WE APPRECIATE OUR ADVERTISERS!

They allow us to print
this bulletin. Thank you!

FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574

**DOES YOUR NONPROFIT
ORGANIZATION NEED
A NEWSLETTER?**

**OUR COMMUNITY
NEWSLETTER**
OCTOBER EDITION



Engaging,
ad-supported
print and digital
newsletters to reach
your community.



Scan to
contact us!

Visit lpicomunities.com

**SUPPORT THE
ADVERTISERS**
that Support our
Community!



IN THE SPOTLIGHT



2024 Senior Halloween Party was held on October 29th at the VFW. Saddle Brook Senior residents enjoyed a night filled with fun, food, and dancing.

