

SADDLE BROOK SENIOR CENTER

8 Caldwell Avenue Saddle Brook, NJ 07663 Phone (201) 845-4594 Fax (201) 843-4866



Photo Credit: Summer Alfonso, Saddle Brook High School

DECEMBER 2018

The Saddle Brook Senior Center is available for Saddle Brook Residents 55 years and older

Joseph J. Caggiano, Dir. NJ Lic. No. 4083
 Lisa M. Caggiano, Mgr. NJ Lic. No. 3934
 Richard J. Meade, Dir. NJ Lic. No. 4962

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All Around The Town

PHOTOS ON DISPLAY AT TOWN HALL!!!

The Saddle Brook High School photography class has an exhibit at town hall. Please stop in and take a look at some of the beautiful photographs taken by Saddle Brook's finest photographers. We are extremely proud of their hard work and excited to show off their shots.



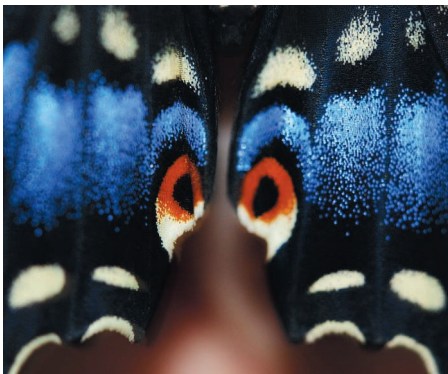
Caroline Poskrobko: Grade 11



Emily Bekas: Grade 11



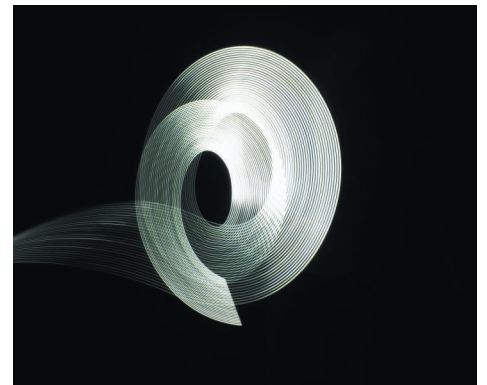
Jiezalle Olegario: Grade 11



Jaclyn Panzarella: Grade 12



Kylie Artemisio: Grade 11



Mike Redzio: Grade 12



Laura Scaturro: Grade 11



William Mulder: Grade 12



Sara Griner: Grade 12

SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  December						1
2	3 LINE DANCING 10:00 AARP 1:00	4 EXERCISE 10:15 Senior Club Meeting 1:00	5 BINGO 12:45	6 Exercise 10:15 Happy Stitchers 1 pm	7 BINGO 12:45	8
9	10 LINE DANCING 10:00 Senior Club AC TRIP Call Angie 201.796.0904	11 EXERCISE 10:15	12 BINGO 12:45	13 Exercise 10:15 Happy Stitchers 1 pm	14 BINGO 12:45	15
16	17 AARP & SENIOR CLUB CHRISTMAS PARTY 12:30-4:30	18 EXERCISE 10:15 Blood Pressure 10:30-1:00 Senior Club 1:00	19 BINGO 12:45	20 Exercise 10:15 Happy Stitchers 1:00	21 NO BINGO	22
23/30	24/31 CLOSED MERRY CHRISTMAS	25 CLOSED MERRY CHRISTMAS	26 CLOSED HAPPY HOLIDAYS	27 CLOSED HAPPY HOLIDAYS	28 CLOSED HAPPY HOLIDAYS	29

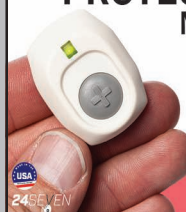
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RECIPE AND SCHEDULE

HAMBURGER AND VEGTABLE SOUP

2 1/2 lbs. of ground chuck
1 whole large onion , diced
2 celery stalks, diced
3 garlic cloves, minced
1—14.5 ounce can of whole tomatoes
3 cups of beef stock or broth
1 red, yellow and green bell pepper, seeded and diced
4 carrots, peeled and sliced on a diagonal
5 whole red potatoes cut into chunks
3 tablespoons of tomato paste
1/2 tsp. of salt & pepper to taste
Sprinkle of parsley, oregano and cayenne pepper

In a large pot over medium-high heat, brown the meat with the onion, celery, and garlic. Remove the pot from the heat and drain off as much fat as you can. (Discard the fat once it cools.)

Return the pot to the heat and add the rest of the ingredients. Stir to combine, then bring to a boil. Reduce the heat, then cover the pot and simmer the soup for 15-20 more minutes, until potatoes are tender but not overly mushy.

Soup should be somewhat thick, but if you'd like it to be more "soupy," add 1 to 2 cups more broth OR hot water and heat through. Taste and adjust seasonings, adding more salt if needed.

Serve with crusty bread!



RECYCLING CALENDAR

December 7	Commingled
December 14	Newspaper
December 21	Commingled
December 28	Newspaper
January 4	Commingled

DO YOU NEED A RIDE?

The Saddle Brook Senior Center Schedules rides to the Doctor on Monday through Wednesday. On Thursday we go food shopping and on Friday we go the malls. Please call to reserve a spot on Mondays. The bus also picks up on Wednesday & Friday for Bingo.

For more information and to schedule a pick up please call the Senior Center Director, Joseph Lecce (201) 845-4594.

ATLANTIC CITY RESORTS CASINO

2ND Monday of every month cost is \$25 and \$30 back. Please call Angie 201.796.0904.

AARP TRIPS

There are no AARP Trips scheduled at this time.

St. Philip the Apostle Senior AC Casino Trip

Resorts Casino the 3rd. Tuesday of the month. The cost is \$30 with \$30 Slot Return and \$10 Food Voucher Call Maria at (973) 772-2010.

AARP MEETINGS

December 3—Saddle Brook Choraleers
December 17— Christmas Party

SADDLE BROOK WOMAN'S CLUB

Looking to be a part of an organization that accomplishes their goals through volunteer service within the community and by assisting others, state and federal worldwide? Are you looking for a chance to socialize and make friendships while working together as volunteers toward a common goal? Join the SBWC call Paula for more information (201) 755-4960

SADDLE BROOK SENIOR CLUB

The Saddle Brook Senior Club meets on the first and third Tuesday of the month at 1:00 p.m. at the Saddle Brook Senior Center, 8 Caldwell Avenue. The club invites seniors age 55 and older (spouse is automatically eligible) to the meetings For membership call Henry (201) 796-7225. For any other information about the Senior Club call Lou 201.370.7959



WORD WISE

Christmas Word Search



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

CELEBRATE
 EGGNOG
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 SANTA

MERRY
 MISTLETOE
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November

Answers

Monopoly
 Holland Tunnel

DELS

ETWHAR

YAFIR

Word Scramble

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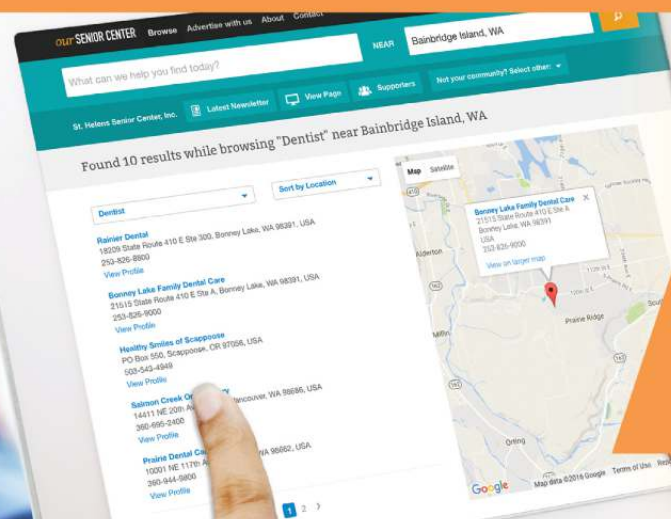
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IN THE SPOTLIGHT



Pastor Wolf accepted a donation for the Saddle Brook food pantry from the Senior Club and AARP membership. \$500 in food gift cards were given to help provide assistance with Thanksgiving for area families in need.



**Please consider donating to the food pantry
and
if you need assistance with food
please contact the
Saddle Brook Community Partnership hotline at (201) 587-2912.**



**TOYS FOR TOTS DONATIONS ARE NOW BEING ACCEPTED
AT THE SADDLE BROOK POLICE DEPARTMENT AND
SENIOR CENTER
UNTIL DECEMBER 14th**