

SADDLE BROOK SENIOR CENTER

8 CALDWELL AVENUE

SADDLE BROOK, NJ 07663

(201)845-4594

Hours: 8:00—3:30



NOVEMBER 2023

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

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Nicholas Vander Plaats, Manager NJ LIC 4711



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**CONTACT ME
Brian Oneill**

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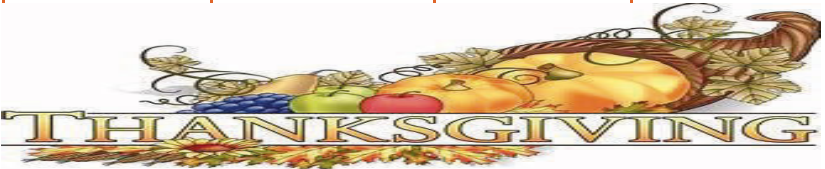


Around The Town

SADDLE BROOK SENIOR HALLOWEEN PARTY, TUE. OCT. 24,



SADDLE BROOK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Bingo 12:45 PM Blood Pressure 12:00-1:00	2 Exercise 10:15 AM Happy Stitches 1:00PM	3 BINGO 12:45	4
5	6 Line Dancing 10:00	7 ELECTION DAY NO EXERCISE	8 BINGO 12:45	9 Exercise 10:45 AM Happy Stitches 1:00 PM Blood Pressure 9:30 –11:00	10 CLOSED	11
12	13 Line Dancing 10:00 AARP 12:30 PM	14 Exercise 10:15 AM Senior Club 1:00 PM Lunch	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 CLOSED	23 CLOSED	24 CLOSED	25
						
26	27 Line Dancing 10:00	28 Exercise 10-15AM	29 BINGO 12:45	30 Exercise 10:15 Happy Stitches 1:00PM		

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RECIPE AND SCHEDULE

Cashew Chicken with Noodles



- 8 ounces uncooked thick rice noodles
 - 1/4 cup reduced-sodium soy sauce
 - 2 tablespoons cornstarch
 - 3 garlic cloves, minced
 - 1 pound boneless skinless chicken breasts, cubed
 - 1 tablespoon peanut oil
 - 1 tablespoon sesame oil
 - 6 green onions, cut into 2-inch pieces
 - 1 cup unsalted cashews
 - 2 tablespoons sweet chili sauce
- Toasted sesame seeds, optional

1. Cook rice noodles according to package directions.
2. Meanwhile, in a small bowl, combine the soy sauce, cornstarch and garlic. Add chicken. In a large cast-iron or other heavy skillet, saute chicken mixture in peanut and sesame oils until no longer pink. Add onions; cook 1 minute longer.
3. Drain noodles; stir into skillet. Add cashews and chili sauce and heat through. If desired, top with toasted sesame seeds.

November 3 Commingled
November 10 Paper
November 17 Commingled
November 24 Paper
December 1 Commingled



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 Marie 973 931 1169

AARP Meetings

November 13 12:30

December 18 12:30-4:30

At the Venetian in Garfield

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WORD WISE

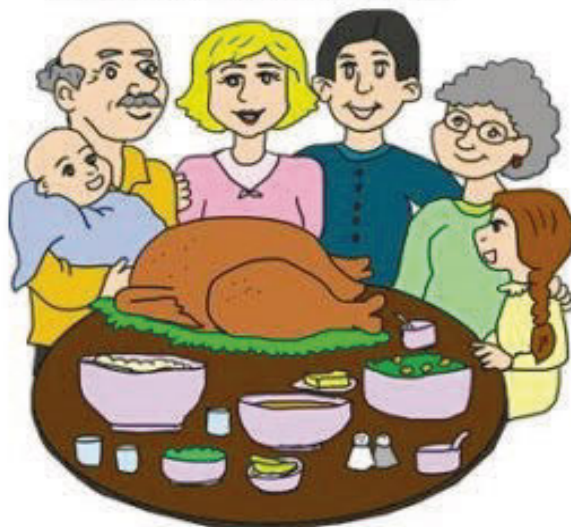
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RIBS
ROLL
SALAD
SOUP
SPINACH
SQUASH
STUFFING
TABLE
TURKEY
TURNIPS
VEGETABLES
YAMS

WORD SEARCH PUZZLE

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



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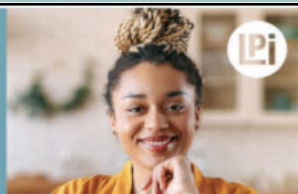
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IN THE SPOTLIGHT

On Tuesday, Oct. 10, 2023, the Saddle Brook Woman's Club honored our first time ever 7th/8th rec softball champions that they sponsored with certificates and a cute Keychain. What an awesome sponsor to recognize this huge achievement!



Town Hall meeting October 6 2023 at the Saddle Brook Senior Center to discuss the StayNJ program featuring New Jersey Speaker Craig J. Coughlin, Senator Joe Lagana, Assemblywoman Lisa Swain, Assemblyman Chris Tully, and community members.