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



### **APRIL 2021**

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





#### Member of these organizations

- National Academy of Elder Law Attorneys
- Bar of the United States Supreme Court
- Bars of New Jersey, New York & Massachusetts

## **Advocate for the elderly** No charge for initial consultation

MICHAEL A.

- Elder Law
- Medicaid & Nursing Home Planning

ATTORNEYS

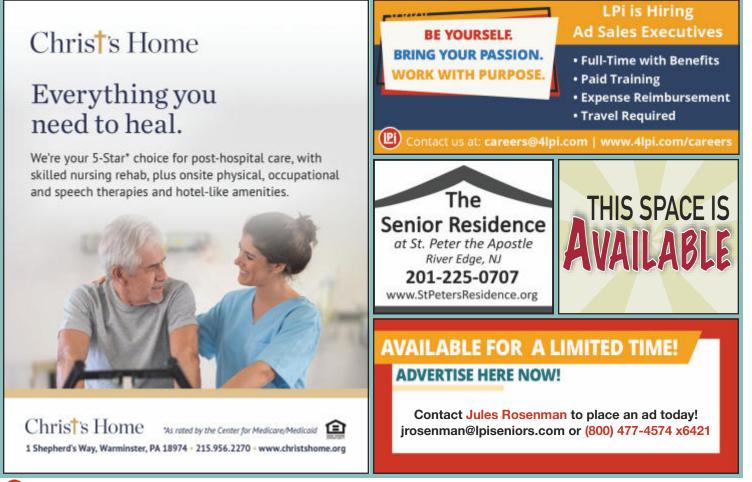
- Wills
- Trusts

- Estates
- Veteran's Benefits Aid & Attendance Pensions
- Real Estate
- Divorce & Family Law

# 201-447-2800

Law Offices Located at: 66 South Maple Avenue, Ridgewood, NJ 07450

Serving seniors and families throughout Northern New Jersey & Rockland County



### **Around The Town**

#### Nick Obiso's Eagle Scout Shoe Drive

- Please donate new, gently worn, or used shoes/sneakers/boots (must be wearable with no holes; preferred that pairs are tied together with their laces, if possible)
- Shoes collected will be sent out to people in developing countries to help them start a business and make a living
- The money raised will go towards my project to build helmet and bag racks for Saddle Brook Little League
- Shoe collection boxes are located at:
  - VFW Post 3484 44 Market Street, Saddle Brook (inside back door)
  - Saddle Brook Town Hall 93 Market Street (inside front door)
- Any questions or if you need shoes picked up please contact me at nick.obiso17@gmail.com





Thank you for your support!

## TRICENTENNIAL PARK DEDICATION BENCH

Anyone interested in purchasing a dedication bench please contact Joseph Lecce, Senior Center Director at (201) 845-4594



SADDLE BROOK SENIOR CENTER

**ACTIVITES ARE POSTPONED UNTIL** FURTHER NOTICE WE ARE HOPING TO HAVE SOME ACTIVITES SOME TIME IN MAY THE SENIOR BUS IS **OPERATING FOR DOCTOR APPOINTMENTS ONLY ANY QUESTIONS CALL** 201-845-4594



# RECIPE AND SCHEDULE Best Leg of Lamb



# Ingredients

- 1/3 cup minced fresh rosemary
- 2 tablespoons Dijon mustard
- 2 tablespoons olive oil
- 8 garlic cloves, minced
- 1 teaspoon reduced-sodium soy sauce
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 bone-in leg of lamb (7 to 9 pounds), trimmed
- 1 cup chicken broth

### Directions

- In a small bowl, combine the first 7 ingredients; rub over leg of lamb. Cover and refrigerate overnight.
- Place lamb, fat side up, on a rack in a shallow roasting pan. Bake, uncovered, at 325° for 1-1/2 hours.
- Add broth to pan; cover loosely with foil. Bake 1 to 1-1/2 hours longer or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°). Let stand for 10-15 minutes before slicing.

#### **RECYCLING CALENDAR**

- April2 PaperApril7 CommingledApril16 Paper
- April 23 Commingled
- April 30 Paper
- May 7 Commingled



The Saddle Brook Senior Center Schedules rides to the **Doctor only** on Monday through Friday from 8 to 1 pm

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

#### 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 .**NO BUS** 



#### WORD WISE



MARCH ANSWERS TO WORD SCRAMBLE IMSCU = MUSIC OASHRKCSM = SHAMROCKS NDCIGAN = DANCING NDRAEIL = IRELAND RIDDLE ANSWER

What is Irish and left out on the lawn all summer ?

Paddy'o Furniture



# **IN THE SPOTLIGHT**

At the March 4, 2021 Township Council meeting, Mayor Bob White issued a proclamation and Councilmen Andrew Cimiluca, Todd Accomando and David Gierek passed a resolution in celebration of Women's History Month. This year all Saddle Brook women were acknowledged for going above and beyond in the fight against Covid-19. Women make up the majority of essential workers, including educators, nurses, child care providers, grocery store employees and stay at home parents navigating their way through virtual learning. We salute all Saddle Brook women who have demonstrated strength, hope, courage and determination in keeping their families and our community safe through these unprecedented times.

> Proclamation Office of the Mayor In Celebration of Women in History Month

WHEREAS, each year, Women's History Month offers an important opportunity for us to highlight women who have made vital contributions and have helped to improve our community. In recognition of women in history month, this year, I want to acknowledge and thank all the women in our community who have gone above and beyond during the COVID-19; and

WHEREAS, in our current moment of crisis, women continue to lead and demonstrate strength, courage and hope. From vaccine researchers to public health officials to the countless frontline heroines, women across the Country are working tirelessly to help defeat COVID-19. Women make up the majority of our essential workers, including educators, nurses, child care providers, grocery store workers, and stay at home parents navigating their way through virtual learning. I salute the women of Saddle Brook determined to keep their families and our community safe through these unprecedented times; and

WHEREAS, During Women's History Month, let us honor the accomplished and visionary women who have helped build our country. And let us pay tribute to the trailblazers from the recent and distant past for daring to envision a future for which no past precedent existed, and for building a Nation of endless possibilities for all of its women and girls.

NOW, THEREFORE, on this 5<sup>th</sup> day of March 2021, I Robert D. White, Mayor of the Township of Saddle Brook, do hereby proclaim March 2021 as Women's History Month. I call upon all Saddle Brook residents to observe this month and to celebrate International Women's Day on March 8, 2021, with appropriate programs, ceremonies, and activities. I also invite them to visit www.WomensHistoryMonth.gov to learn more about the vital contribution of women to our Nation's history.

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