



The Borough of Sayreville

ACTIVE ADULT CENTER

423 Main Street • Sayreville, NJ 08872
Tel. 732-390-7058 • Fax 732-390-2123

APRIL 1, 2024 – APRIL 30, 2024

LIST OF ACTIVITIES **8:00 AM-4:00 PM**

NUTRITION CENTER:	DAILY	8:30-2:00 PM
AEROBICS	Mondays, Wednesdays & Fridays	9:00 - 10:00
AGILITY & BALANCE	Fridays (Waiting list)	11:00
ART CANVAS	1 st Tuesday 4/2	10:00
BILLARDS	Tuesdays	
BOOK CLUB	2 nd Thursday 4/11	10:00
CROCHET/KNITTING	1 st & 3 rd Wednesday 4/3 & 4/17	1:00-3:00 PM
SCRABBLE	Tuesdays	1:30-3:30
STRENGTH TRAINING	Tuesday “No Availability Class is full”	11:00-12:00
BALANCE/STABILITY	Thursday “No Availability Class is full”	
FIT FOR LIFE	Wednesdays (Class is full)	10:30-11:15
COMPUTER LAB:	DAILY	8:30 - 3:30
COMMISSION ON AGING MEETING:	No April Meeting	*****
“PLANNER’S” MTG”	No April Meeting	*****

ALL ACTIVITIES ARE FOR SAYREVILLE RESIDENTS ONLY. ALL PARTICIPANTS MUST BE REGISTERED AND A LIABILITY WAIVER MUST BE COMPLETED.

CLUB DATES

APRIL	9th 12:00	TUESDAY CLUB
APRIL	11th 11:30	THURSDAY CLUB
APRIL	16th 11:30	ST. STAN'S CLUB

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Friday, March 29th to observe Good Friday.

CONGRATULATIONS- to Julia Gomez! Julia is the recipient of the 2023 Senior of the Year Shield Award from the Knights of Columbus. Julia is in charge of our Kitchen and Decorating Committee. She is also a Girl Scout Troop Leader. She is always willing to lend a helping hand when needed and we truly appreciate her contribution & enthusiasm to our center and to the community. CONGRATULATIONS!!!!!!

BIRTHDAY BREAKFAST WITH THE MAYOR-newly elected Mayor Kennedy O'Brien is bringing back "Breakfast with the Mayor". The breakfast is scheduled for Thursday, April 18th at 9:30 am. If you are a senior born during the months of January, February, March & April, please call 732-390-7058 to make a reservation by Wednesday, April 10th.

MARCH BUS TRIP -will be on Thursday, March 21st. We will be going to the Woodbridge Mall, Boscovs & Wegmans and we will stop for lunch.

APRIL BUS TRIP-to be determined at a later date.

UNITED WAY INCOME TAX PREPARATION- The United Way is providing free income tax preparation through the month of March. The income limitation is \$70,000 for non-seniors, for all filing status. Volunteers prepare returns for seniors over the \$70,000 limit. Drop off your tax documents at our center Monday-Friday, 8:30 am-3:30 pm. Once your taxes are completed, United Way will contact you to set up an appointment. The dropbox is in our lobby along with the intake packet. In addition to the drop off service, United Way will be on site every Tuesday morning from 9:00 am -11:30 am for in person appointments. This appointment is to review your intake form & information. Taxes will not be prepared on the spot. A follow up appointment will be made upon completion of your taxes. Call 732-390-7058 to schedule an appointment.

FINAL EXPENSE PREPARTION- Lincoln Heritage, a final expense insurance company will be here on Tuesday, April 3rd at 10:00 am. They will discuss various final expense insurance programs that will help families save money on funeral costs and how to manage emotional support during difficult times. Refreshments will be provided. Please call the front office to register at 732-390-7058.

STRESS AWARENESS-Spring Creek Health Care will hold a presentation on stress awareness on April 25th at 10:00 am. Dr. Jorge Gonzalez will talk about stress and how to manage it. A little treat will be provided at the end of the class. Please call 732-390-7058 to register!

SKIN CARE SCREENING-St. Peter's University Hospital will be offering a skin care screening on Thursday, May 16th from 9 am -12 pm. Call 732-390-7058 to sign up.

VETERANS CARE SERVICES- Veterans Care Services will host a seminar on veteran benefits on Friday, May 17th at 11:00 am. If you are a wartime veteran or surviving spouse, you're entitled to get lifetime benefits from the VA. Out of 19,162,515 veterans in the USA, less than 5% are getting benefits. Most are unaware that these benefits exist. Come to this informative seminar to determine if you qualify. To register, please call 732-390-7058.

BOOK LOVERS- Our monthly book club which meets on the second Thursday of the month is looking for new members. If you have an avid love of reading and would like to join please call the senior center at 732-390-7058 to sign up!

KNITTING/CROCHET CLUB-Our knitting and crochet club is looking for donations of yarn. If you have any spare yarn, please consider donating to this wonderful club. They make hats, scarves, baby hats, and lap blankets for hospitals and nursing homes.

BOMBERS BEYOND-The Bombers Beyond is a group of high school students who would love to give back to the community by doing some light weeding (In the spring) or do a shopping trip for our seniors. This would be done on a first come first serve basis! Please call the front office at 732-390-7058 for further information.

EMAIL LIST-If you would like to be put on our email list to have our monthly calendar emailed to you directly, please email Jbetzler@Sayreville.com .

TRANSPORTATION SCHEDULE

"AROUND THE TOWN" Loop Bus:

Mondays, Tuesdays, Wednesdays & Fridays 1st Trip 8:00 am 2nd Trip 10:00 am

You must call the day prior before 3:00 pm to reserve your spot 732-390-7058

NUTRITION CENTER: (DAILY)

Call Trish 732-254-4299

CLUB MEETINGS:

Call 1-800-221-3520 to reserve & cancel

MCAT SERVICES

Call 1-800-221-3520