



The Borough of Sayreville

ACTIVE ADULT CENTER

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

APRIL 1st – APRIL 30th 2026

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 AM
ART CANVAS	No April Class	*****
ARTS & CRAFTS	4/20 Monday	11:00 AM
BILLARDS	Thursdays	6:00 PM
BOOK CLUB	2 nd Thursday 4/9	10:00 AM
CHAIR YOGA	Mondays (Waiting List)	10:00 AM
CROCHET/KNITTING	1 st & 3 rd Wednesday 4/1 & 4/15	1:00-3:00 PM
SCRABBLE	Tuesdays	1:30-3:30 PM
STRENGTH TRAINING	Tuesdays	11:00-12:00
BALANCE/STABILITY	Thursdays	
FIT FOR LIFE	Wednesdays (Waiting List)	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 COMPLETE

CLUB DATES

APRIL	9 th	11:30	THURSDAY CLUB
APRIL	14 th	12:00	TUESDAY CLUB “Spring Fling”
APRIL	21 st	11:30	ST. STAN’S CLUB

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Friday, April 3rd to observe Good Friday.

APRIL BUS TRIP-will take place on Thursday, April 16th. We will be going to the Columbus Flea Market. If in high demand, we will add a second trip for April 23rd. Please call the front office at 732-390-7058 to reserve your spot!

UNITED WAY INCOME TAX PREPARATION- The United Way is providing free income tax preparation here at our center. The income limitation is \$75,000 for non-seniors, for all filing status. Volunteers will prepare **simple** returns for seniors over the \$75,000 limit. Drop off your tax documents at our center Monday-Friday 8:30 am-3:30 pm in the drop box located in our lobby. Deadline for dropping off your returns is Friday, April 6th. Once your taxes are completed, United Way will contact you to set up a follow up appointment. A required intake packet is available at the front office and must be completed for each return. Call 732-390-7058 if you have any questions or to schedule an appointment.

FAMILY FEUD- Homewatch CareGivers is back to entertain you! Come and have fun playing Family Feud on Tuesday, March 24th at 10 am. Light refreshments will be served. Please call the front desk to sign up at 732-390-7058.

STRESS MANAGEMENT SEMINAR- Braven Health will host a seminar on Stress Management on Wednesday, March 25th at 10 am. Learn the definition of stress, identify the three different types and understand the consequences of stress. Learn the negative signs and symptoms and effective coping strategies. Call the front desk at 732-390-7058 to register!

SOCIAL SECURITY & RETIREMENT WORKSHOP- Alto Financial Group will host a Social Security & Retirement Workshop on Thursday, March 26th at 10 am. Learn ways to optimize your social security to reduce taxes and hedge for inflation, ways to minimize retirement & estate taxes, financial strategies that could increase your retirement and much more. Call 732-390-7058 to sign up!

CYBERSECURITY & FINANCIAL SAFETY-Partners Financial Group will host a workshop on Monday, March 30th at 10 am. This workshop is designed to help seniors better understand how to protect themselves and their financial information in today’s digital world. Stay safe and learn practical steps to protect your identity and finances. Call 732-390-7058 to register!

USF/HEAP PROGRAM-Representatives from Norwescap Energy Services will be here On Monday, April 6th from 10:00 am to 12:00 pm to help applicants apply for the Low-Income Home Energy Assistance. This assistance will assist in lowering your electric & gas bill and if applicable get a credit for cooling in the summer. To qualify, a single person’s income cannot exceed \$4167 a month for HEAP (heating) & for USF (electric). Homeowners can apply for the Weatherization Program which will determine the most appropriate cost-effective, efficiency measures for your home. This will allow households to alleviate their heavy energy burden & experience savings toward becoming self-sufficient. Call 732-390-7058 to sign up!

ART CRAFT -Mobile Family Success Unit of Middlesex County will be here on Friday, April 10th at 10:00 am to make a craft with our seniors. Please call 732-390-7058 to sign up.

CHRONIC STRESS & EFFECTS ON THE BODY-Robert Wood Johnson will host a presentation on chronic stress and how it effects the body on Monday, April 13th from 1:00 pm-2:00 pm. Come and join this informative seminar to lead to better health! Call the front office to sign up at 732-390-7058.

STUMP THE SPEZZI’S-Join the Spezzi Family for an event to address any funeral related questions you may have about planning, traditions, pre-arrangements and anything else you can think. Be prepared when planning funeral arrangements! The event will take place on Wednesday, April 15th from 10:00 am -12:00 pm. Call the front desk at 732-390-7058 to sign up!

ARTS & CRAFTS CLASS-will take place on Monday, April 20th at 11:00 am. The craft will be making a cross clothespin craft. Call 732-390-7058 to reserve your spot!

INNOVATIVE PHYSICAL THERAPY-will host a brief presentation on Thursday, April 30th at 10 am. They will discuss how they different standards of care & cutting edge techniques that can maximize the body’s ability to move, heal & perform at an optimal level. This physical therapy takes a one on one care approach that focuses on patient education not only for treatment but also for prevention. There will be goodies & giveaways. Call 732-390-7058 to sign up!

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 800-221-3520 to reserve/cancel



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MAY 1st – MAY 31st 2026

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 AM
ART CANVAS	No May Class	*****
ARTS & CRAFTS	5/18 Monday	11:00 AM
BILLARDS	Thursdays	2:00-4:00 PM
BOOK CLUB	2 nd Thursday 5/14 (Waiting List)	10:00 AM
CHAIR YOGA	Mondays (Waiting List)	10:00 AM
CROCHET/KNITTING	1 st & 3 rd Wednesday 5/6 & 5/20	1:00-3:00 PM
SCRABBLE	Tuesdays	1:30-3:30 PM
STRENGTH TRAINING BALANCE/STABILITY	Tuesdays (Waiting List) Thursdays	11:00-12:00 PM
FIT FOR LIFE	Wednesdays (Waiting List)	10:30-11:15
COMPUTER LAB:	DAILY	8:30 - 3:30
COMMISSION ON AGING MEETING:	Thursday 5/21	2:00 PM
“PLANNER’S” MTG”	No May Meeting	*****

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

CLUB DATES

MAY 12th 12:00 TUESDAY CLUB
MAY 14th 11:30 THURSDAY CLUB
MAY 19th 11:30 ST. STAN'S CLUB "Anniversary Party"

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Monday, May 25th to observe Memorial Day.

MAY BUS TRIP-we will be going to the Cracker Barrel on Thursday May 21st or May 28th For those of you that have not yet had the opportunity to go on this trip in the past, will have 1st preference in signing up. All others will be placed on a waiting list depending on space availability. Since we are going on two dates you will be scheduled for either of those dates & will not be able to choose which date you want Dates are selected based on which part of town you live. Call 732-390-7058 to reserve your spot!

FALL PREVENTION – If you or someone you know is in need of minor SAFETY repairs to your home such as installation of grab bars or hand rails, please obtain a form from the front office. This **FREE** Program is being offered through the Check for Safety Grant and is sponsored by the State, Middlesex County and the Borough of Sayreville. To qualify, you must be a senior citizen and be a resident of Sayreville. Applications can be obtained at the office. Requests will be filled on a first come, first-serve basis as quantities are limited.

ART CRAFT-Mobile Family Success Unit of Middlesex County will be here on Friday, April 10th at 10:00 am to make a craft with our seniors. Call 732-390-7058 to sign up!

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STUMP THE SPEZZI'S-Join the Spezzi Family for an event to address any funeral related questions you may have about planning, traditions, & pre-arrangements. prepared when planning funeral arrangements! The event will take place on Wednesday, April 15th from 10:00 am -12:00 pm. Call the front desk at 732-390-7058 to sign up!

INNOVATIVE PHYSICAL THERAPY-will host a brief presentation on Thursday, April 30th at 10 am to discuss different standards of care & cutting edge techniques that can maximize the body's ability to move, heal & perform at an optimal level. This physical therapy takes a one on one care approach that focuses on patient education not only for treatment but also for prevention. There will be goodies & giveaways. Call 732-390-7058 to sign up!

FOREVER YOUNG SOCIAL-Award Home Care will be hosting an uplifting event on Friday, May 1st at 10:00 am. This event is designed to celebrate joy, creativity, & the best of life. Classic songs fill the room while you dance, socialize with others, & share what you love most. Your story will then be transformed into imaginative portraits showing you in your element—doing what you love. The portraits will be printed & given to each attendee which can then be framed, mailed or given out to loved ones. Light refreshments will be served. Pre-registration is required by calling 732-390-7058.

BRAIN HEALTH-The Alzheimer's Association will host a brief presentation on Monday, May 4th from 10:00 am -10:30 am to discuss how to build brain healthy habits that can help you live well now while supporting your memory function. Call 732-390-7058 to sign up!

BONE HEALTH & FRACTURE RECOVERY-RWJ Barnabas Health will present a health talk on bone health & fracture recovery. Join this brief presentation to listen to healthcare providers talk about bone health and fracture recovery as you age. The presentation will take place on Monday, May 11th from 1:00 pm-2:00 pm. Call the front office at 732-390-7058 to register.

SKIN CANCER SCREENING- St. Peter's Hospital will be offering a free skin care screening on Thursday, May 14th from 9:00 am-12:00 pm. Please call the office at 732-390-7058 to make an appointment

FLOWER WORKSHOP- The Venetian Care & Rehabilitation Center will host a Flower Arrangement workshop on Friday May 15th at 10 am. Welcome spring with flowers with a fun floral workshop. Refreshments & snacks will be provided. Call 732-390-7058 to sign up!

ARTS & CRAFTS CLASS-will take place on Monday, May 18th at 11:00 am. The craft will be making a flower trivet. Call 732-390-7058 to reserve your spot!

LIFE LINE SCREEENING- Life Line Screening will host their affordable, non-invasive painless health screenings on Monday, May 18th from 9:00 am – 4:00 pm. They are non-invasive, painless & take 60-90 minutes to complete. Screenings such as Stroke/Carotid Artery, Heart Rhythm, Abdominal Aortic Aneurysm, and Peripheral Arterial Disease will be available along with Osteoporosis Risk Assessment. Call 1-800-640-6307 to register!

OUR ANNUAL SENIOR CITIZEN DAY CELEBRATION-As you know we celebrate "Older American's Month" in May with our own celebration - our Annual Senior Citizens Day! Senior Day will be celebrated on Wednesday, May 20th from 11:30-3:00. Catering from Tastefully British will serve Fish/Chicken with chips. Be sure to know your selection of chicken or fish at the time you purchase your tickets. Tickets cost \$10 (CASH ONLY) pp, which includes music, dancing, lunch & of course prizes. Tables may be reserved ONLY if the ENTIRE table is paid for at one time. Reserved tables will be selected on a first come-first serve basis. We will attempt to accommodate requests however, will not guarantee placement. Please be aware that although you may not have a table of 8 but would like to request seating with another person, please make every effort to purchase your tickets at the same time. We will not guarantee your seating request if your tickets are purchased at different times. This is open to Sayreville Residents Only and tickets are non-refundable. Tickets go on sale on Wednesday April 8th at 9:00 am.

GAME DAY-Homewatch Caregivers is hosting a game day on Thursday, May 21st at 10:00 am. A morning of fun, games, refreshments and prizes. Call the front office at 732-390-7058.

MOVE TO GET FIT-Middlesex County will host a free health presentation on Friday, May 22nd from 10:00 am-11:30 am. Learn to live a healthier, more independent life. Join this presentation on physical activity to help you get fit and learn health benefits, guidelines and more. Call 732-390-7058 to sign up!