



The Borough of Sayreville

ACTIVE ADULT CENTER

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

APRIL 1, 2025 – APRIL 30, 2025

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 4/01	10:00
ARTS & CRAFTS	2 nd Monday 4/14	11:00
BILLARDS	Wednesdays	6:00 PM
BOOK CLUB	2 nd Thursday 4/10	10:00
CHAIR YOGA	Mondays	10:00
CROCHET/KNITTING	1 st & 3 rd Wednesday 4/2 & 4/16	1:00-3:00
SCRABBLE	Tuesdays	1:30-3:30
STRENGTH TRAINING	Tuesday (Waiting List)	11:00-12:00
BALANCE/STABILITY	Thursday (Waiting List)	
FIT FOR LIFE	Wednesdays (Waiting List)	10:30-11:15
COMPUTER LAB:	DAILY	8:30 - 3:30
COMMISSION ON AGING MEETING:	No April Meeting	2:00 PM
“PLANNER’S” MTG”	No April Meeting	10:00 AM

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

CLUB DATES

APRIL	8 th	12:00	TUESDAY CLUB
APRIL	10 th	11:30	THURSDAY CLUB
APRIL	15 th	11:30	ST. STAN'S CLUB

BIRTHDAY BREAKFAST WITH THE MAYOR-will take place on Wednesday, April 23rd 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.

APRIL BUS TRIP- FILLED TO CAPACITY!!!

MAY BUS TRIP-will be announced at a later date.

SAYREVILLE FARM MARKET-Sayreville's Weekly Farm Market will be located at our senior center in the main hall on every Wednesday from 11-4 pm, throughout the month of March and up until April 9th.

ARTS & CRAFTS CLASS- -will take place on Monday, April 14th at 11:00 am. The class will be making a Q-Tip Painting. Call 732-390-7058 to reserve your spot!

COMPUTER ROOM CLOSED- The Computer Room will be closed every Tuesday, from now through March 25th for tax preparation.

UNITED WAY INCOME TAX PREPARATION- The United Way is providing free income tax preparation. 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. Once your taxes are completed, United Way will contact you to set up a follow up appointment. The drop box is located in our lobby and the required intake packet is available at our front desk. In addition to the drop off service, United Way will be on site every Tuesday morning through March 25th from 9:00 am - 11:30 pm for in person appointments. This is also a drop off service! (All tax returns dropped off in the lock box after March 27th will be picked up at the Milltown Office.) Tax returns will not be prepared on site. You will meet briefly with a tax consultant to review your documents and will be contacted once your return is completed. Call 732-390-7058 to schedule an appointment or if you have any questions.

STAYING HEALTHY PRESENTATION- The Middlesex County Office of Health Services will hold a presentation on the "Basics of Staying Healthy" on Friday, March 14th at 10 am. Join in to discuss common colds, flu, recommended vaccinations, handwashing and more. Please sign up at the front desk if you are interested.

FREE HEALTH SCREENING- Raritan Bay Medical Center will provide a free health screening on Friday, March 28th at 10:00 am. Free screenings include Blood Pressure, Cholesterol, Glucose, Stroke Risk Assessment, BMI and Pulse. Please sign up at the front desk if you are interested.

SKIN CANCER SCREENING- St. Peter's Hospital will be offering a free skin care screening on Monday June 9th from 9:00 am-12:00 pm. Please call the office to make an appointment.

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)

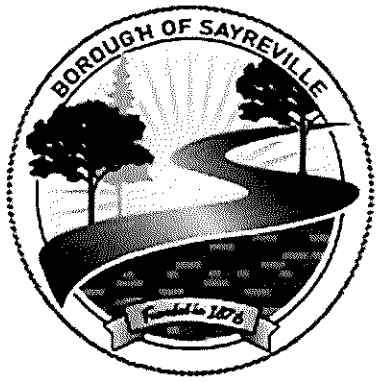
Call Trish 732-254-4299

CLUB MEETINGS:

Call 1800-221-3520 to reserve/cancel

RIDE SERVICES

Call 1-800-221-3520



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MAY 1, 2025 – MAY 31, 2025

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 5/06	10:00
ARTS & CRAFTS	2 nd Monday 5/12	11:00
BILLARDS	Wednesdays	6:00 PM
BOOK CLUB	2 nd Thursday 5/8	10:00
CHAIR YOGA	Mondays (Waiting List)	10:00
CROCHET/KNITTING	1 st & 3 rd Wednesday 5/7 & 5/21	1:00-3:00
SCRABBLE	Tuesdays	1:30-3:30
STRENGTH TRAINING	Tuesdays	11:00-12:00
BALANCE/STABILITY	Thursday	
FIT FOR LIFE	Wednesdays (Waiting List)	10:30-11:15
COMPUTER LAB:	DAILY	8:30 - 3:30
COMMISSION ON AGING MEETING:	Thursday, 5/15	2:00 PM
“PLANNER’S” MTG”	No May Meeting	10:00 AM

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

CLUB DATES

MAY 8th 11:30 THURSDAY CLUB
MAY 13th 12:00 TUESDAY CLUB
MAY 20th 11:30 ST. STAN'S CLUB "Anniversary Party"

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Friday, April 18th to observe Good Friday.

BIRTHDAY BREAKFAST WITH THE MAYOR-will take place on Wednesday, April 23rd 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.

BUS TRIPS-There will be no bus trips for the months of May and June.

BRAIN GAMES-Braven Health will host a Brain Game Activity on Friday, April 11th at 10 am. Learn the importance of brain health & how to maintain & improve brain health & function. This program includes education & games to help keep the mind sharp. Call 732-390-7058 to sign up!

DIGITAL LITERACY-Braven Health is sponsoring a Digital Literacy Program on Friday, May 2nd at 10:00 am. Learn how technology can help manage & improve our health and technical skills, such as how to download apps, navigate websites, access telehealth & identify scams. For those of you who struggle to navigate on your phone, this is the class for you! Call 732-390-7058 to register.

ARTS & CRAFTS CLASS-will take place on Monday, May 12th at 11:00 am. The class will be making windchimes. Call 732-390-7058 to reserve your spot!

MEDICATION SAFETY & FALL PREVENTION-Robert Wood Johnson Community Health Education will host a workshop on medication safety and fall prevention for seniors on Wednesday, May 14th from 10:30-12 pm. Please sign up at the front desk or call 732-390-7058.

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 21st from 11:30-3:30. 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 Monday April 7th at 9:00 am.

PAS 1 FORM- The Senior Freeze (PTR-1 & PTR 2) & anchor benefit applications have been replaced by PAS-1 form which you will receive by mail. This form will allow NJ residents to apply for three major property tax relief programs. This one stop application can be used by resident homeowners, mobile home owners and renters age 65 & over and for those who are receiving federal Social Security Disability benefits. We have been doing our best to help our seniors with this transition. If you need help completing the application, our office staff can assist you by appointment only. Schedule by calling 732-390-7058. We will need your 2023 & 2024 state income taxes. If you did not file, we will need your 2023-2024 Social Security statements along with statements for any other income you had received for that year. You no longer have to go to the Borough tax office to get it stamped. Assemblywoman Lopez's office will also be here on site at our center on Tuesday, May 6TH from 9:00am- 11:00am to do a brief presentation, assist with questions, and to schedule appointments for filing. Once again, please call the office if you would like to attend that presentation.

SKIN CANCER SCREENING- St. Peter's Hospital will be offering a free skin care screening on Monday June 9th from 9:00 am-12:00 pm. Please call the office to make an appointment.

PHYSICAL ACTIVITY FOR OLDER ADULTS- Braven Health is hosting a Wellness Event on Friday, June 20th at 10 am. Learn about the benefits of exercise and how it can help with healthy aging. We will review the types of exercise and how much physical activity is needed. Call 732-390-7058 to register.

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