



The Borough of Sayreville

ACTIVE ADULT CENTER

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

AUGUST 1, 2026 – AUGUST 31, 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
ART CANVAS	WILL RESUME IN THE FALL	*****
ARTS & CRAFTS	4 th Tuesday 8/25	10:00
BILLARDS	Thursdays	2:00 PM
BOOK CLUB	2 nd Thursday 8/13	10:00
CHAIR YOGA	Mondays (Waiting List) Thursdays	10:00 9:30
CROCHET/KNITTING	NO CLASSES IN JULY/AUGUST	*****
SCRABBLE	Tuesdays	1:30-3:30
STRENGTH TRAINING BALANCE/STABILITY	Tuesdays Thursday	11:00-12:00
FIT FOR LIFE	Wednesdays (Waiting List)	10:30-11:15
COMPUTER LAB:	DAILY	8:30 - 3:30
COMMISSION ON AGING MEETING:	No August Meeting	*****
“PLANNER’S” MTG	No August Meeting	*****

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

CLUB DATES

AUGUST 11th 12:00 TUESDAY CLUB “Luau”
AUGUST 13th 11:30 THURSDAY CLUB
AUGUST 18th 11:30 ST. STAN’S CLUB

AUGUST MONTHLY BUS TRIP- will be traveling to Point Pleasant Boardwalk on Thursday, August 20th and August 27th. Spend a relaxing day by the ocean with beautiful views, boardwalk fun, great food and time to enjoy the Jersey Shore at your own pace. Call 732-390-7058 to sign up.

WALKING CLUB-The weather is warm and there is no better time to get fit and join our walking club! The club meets on Mondays, Wednesdays & Fridays at 12 pm at Borough Hall (Weather permitting) Please call Kathy Karmazin at 732-721-3796 to join!

CHAIR YOGA-Due to the popularity of our Monday Chair Yoga class, a 2nd Chair Yoga class has been added on Thursdays at 9:30 am. Call 732-390-7058 to sign up!

EMOTIONAL WELLNESS TOOLS- Patrice Swarbrick, LCSW therapist, will be giving an engaging presentation on Emotional Wellness Tools on Wednesday, July 8th at 10:00am. This presentation is designed to support mental health, stress management, and healthy coping strategies geared towards older adults. Please call the office at 732-390-7058 to reserve your spot!

CYBERSECURITY AWARENESS TRAINING- on Friday, July 17, 2026, at 10:00am. As technology becomes increasingly integrated into everyday life, older adults are frequently targeted by cybercriminals through phone calls, emails, text messages, social media, and online scams. This one-hour educational session focuses on practical cybersecurity tips, scam prevention, and simple actions participants can take to protect themselves, their identities, and their finances. Call 732-390-7058 to sign up!

BINGO- Elara Caring will be hosting a BINGO event on Friday, August 7th at 10:00am. Come join the fun and a chance to win some prizes! Light refreshments will also be served. Please call 732-390-7058 to reserve your spot.

KARAOKE-Come sing your heart out at our community karaoke event on Friday, August 14th at 10:00am hosted by Vision Riverside Assisted Living. No judgment, just good vibes. Refreshments will be served. To register, call 732-390-7058

ARTS & CRAFTS CLASS- -will take place on Tuesday, August 25th at 10:00 am. The class will be making a Ceramic Tile Painting. Call 732-390-7058 to reserve your spot!

ICE CREAM SOCIAL- Come and join the fun at our annual Ice Cream Social served by Fajji’s!! The event will take place on Wednesday, August 26th at 1:00 pm. Pre-registration is required! Please call the office 732-390-7058 if you would like to attend. NO RESERVED TABLES!

GRANDPARENTS DAY- The Commission on Aging, is sponsoring Grandparent’s Day on Monday, September 14th from 12:00-2:00. Honoring all grandparents with lunch and entertainment! Call 732-390-7058 to sign up!

FREE WELLNESS SCREENING- Hackensack Meridian Health will be offering a FREE Wellness Screening on Monday, September 21st at 10:00am. Please call the office at 732-390-7058 to make an appointment.

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.

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 Grace 732-254-4299

CLUB MEETINGS:

Call 800-221-3520 to reserve/cancel

RIDE SERVICES

Call 1-800-221-3520



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SEPTEMBER 1, 2026 – SEPTEMBER 30, 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	Tuesday, 9/1	10:00 AM
ARTS & CRAFTS	No September Class	*****
BILLARDS	Thursdays	2:00 PM
BOOK CLUB	2 nd Thursday 9/10	10:00
CHAIR YOGA	Mondays (Waiting List) Thursdays	10:00 9:30
CROCHET/KNITTING	1 st & 3 rd Wednesday 9/2 & 9/16	1:00-3:00
SCRABBLE	Tuesdays	1:00-3:00
STRENGTH TRAINING BALANCE/STABILITY	Tuesdays & Thursdays (Waiting list)	11:00-12:00
FIT FOR LIFE	Wednesdays (Waiting List)	10:30-11:15
COMPUTER LAB:	DAILY	8:30 - 3:30
COMMISSION ON AGING MEETING:	Thursday 9/17	2:00 PM
“PLANNER’S” MTG”	No September Meeting	*****

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

CLUB DATES
SEPTEMBER 8th 12:00 TUESDAY CLUB
SEPTEMBER 10th 11:30 THURSDAY CLUB "PICNIC"
SEPTEMBER 15th 11:30 ST. STAN'S CLUB

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Monday September 7th in honor of Labor Day.

SEPTEMBER MONTHLY BUS TRIP-will take place on Thursday, September 17th and 24th. Our bus will be going to the Marlboro strip mall which has a variety of stores such as Hobby Lobby, TJ Maxx, Livottis and Kohls. We will also be stopping for lunch. To reserve your spot call 732-390-7058

BINGO- Elara Caring will be hosting a BINGO event on Friday, August 7th at 10:00am. Come join the fun and a chance to win some prizes! Light refreshments will also be served. Please call 732-390-7058 to reserve your spot.

KARAOKE-Come sing your heart out at our community karaoke event on Friday, August 14th at 10:00am hosted by Vision Riverside Assisted Living. No judgment, just good vibes. Refreshments will be served. To register, call 732-390-7058

ARTS & CRAFTS CLASS- No Class for September.

ICE CREAM SOCIAL- Come and join the fun at our annual Ice Cream Social served by Fajji's!! The event will take place on Wednesday, August 26th at 1:00 pm. Pre-registration is required! Please call the office 732-390-7058 if you would like to attend. **NO RESERVED TABLES!**

AVOIDING SCAMS- Join us for a Lunch & Learn session on Tuesday, September 1st at 12:00pm, hosted by Financial Advisor, Sophia Genna from Equitable. Learn how to recognize scams, protect your identity and safeguard your finances during this informative session. Lunch will be provided for all who attends. As a bonus, all attendees will be entered into a raffle for a chance to win a prize. Call 732-390-7058 to register for this event.

ART CANVAS CLASS-Art Canvas will resume on Tuesday, September 1nd and will meet quarterly.

GRANDPARENTS DAY- The Commission on Aging, is sponsoring Grandparent's Day on Monday, September 14th from 12:00-2:00. Honoring all grandparents with lunch and entertainment! Call 732-390-7058 to sign up!

AMADA SENIOR CARE- will be at our Center on Friday September 18th at 10:00am. Join us to learn how Amada Senior Care can help seniors remain safe, independent and comfortable in their own homes. Topics include how to maximize long term care insurance, as well as educating veterans and their families about the VA Homemaker/Home Health Aide benefits, which may provide home care services at little or no cost for eligible veterans. Refreshments will be served! To register call 732-390-7058

FREE WELLNESS SCREENING- Hackensack Meridian Health will be offering a FREE Wellness Screening on Monday, September 21st at 10:00am. Please call the office at 732-390-7058 to make an appointment.

MIDDLESEX COUNTY SENIOR HEALTH & FITNESS WALK- The Middlesex County Office on Aging is sponsoring a Senior Health & Fitness Walk on Wednesday, September 24th from 10:00 am – 1:00 pm. This is a day of fun filled day with a variety of health screenings, vendors with giveaways, & a free boxed lunch. You **MUST** sign up at the front desk to register!

LIFE LINE SCREENING- Life Line Screening will host their affordable, non-invasive painless health screenings on Thursday, October 1nd. 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. Call 1-800-324-9458 to register!!!

MEDICARE HEALTH ENROLLMENT SEMINAR-The open enrollment period for any health or prescription drug changes is from October 15th –December 7th. Cristian Romano, a licensed independent insurance agent, who specializes in all Medicare Advantage/Supplemental plans, will be holding Medicare seminars every Friday on the following dates: October 9th, 16th, 23rd and 30th, November 6th, November 13th and November 20th from 11:00 am-12:00 pm. If you are new to Medicare, ready to retire or losing your employer plan, information will be given regarding your needs and choices. Other topics regarding medical coverage will be addressed. A question-and-answer portion will follow. Other insurance options will be available. Call 732-390-7058 for further information. Individual appointments are available by calling 877-447-2552 or text 917-464-4583.

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KNITTING/CROCHETING CLASS- is looking for donations of yarn/wool. Please feel free to drop off any donation Monday-Friday 8 am – 4 pm. Classes will resume on September 2nd

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 .

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