



# *The Borough of Sayreville*

## **ACTIVE ADULT CENTER**

423 Main Street • Sayreville, NJ 08872

Tel. 732-390-7058 • Fax 732-390-2123

AUGUST 1, 2025 – AUGUST 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	Will resume in the fall	*****
ARTS & CRAFTS	2 <sup>nd</sup> Monday 8/11	11:00
BILLARDS	Wednesdays	6:00 PM
BOOK CLUB	2 <sup>nd</sup> Thursday 8/14	10:00
CHAIR YOGA	Mondays (Waiting List)	10:00
CROCHET/KNITTING	NO CLASSES IN JULY/AUGUST	*****
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:	No August Meeting	2:00 PM
“PLANNER’S” MTG”	No August 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

AUGUST 12<sup>th</sup> 12:00 TUESDAY CLUB "Luau"

AUGUST 14<sup>th</sup> 11:30 THURSDAY CLUB

AUGUST 19 11:30 ST. STAN'S CLUB

**AROUND THE TOWN BUS SERVICE-** Effective Monday July 7<sup>th</sup>, we will be resuming our regular bus service for the Active Adult Center. The Around the Town Bus service will run on Mondays, Tuesdays, Wednesdays & Fridays for all Sayreville residents. Passengers will be able to ride the bus on any of those days providing that you have called the office prior to make a reservation. The policy of calling the office in advance to schedule your trip will be strictly enforced by 3:00 pm the day before. For Monday trips, you must call prior to 3:00 pm on Friday. Trips will be taken on a first come first serve basis & medical appointments will take priority over shopping trips.

**JULY MONTHLY BUS TRIP-**we will be going to the Columbus Flea Market on Thursday, July 31<sup>st</sup>. The flea market is a bargain hunter's dream, featuring antiques, collectibles, crafts, clothes, furniture, cosmetics, toys, tools, food, produce, fish, hardware, etc.- There's something for everyone! Please call 732-390-7058 to register.

**AUGUST MONTHLY BUS TRIP-** will be to Pier Village on Thursday, August 28<sup>th</sup>. Pier Village is a vibrant oceanfront community beautifully nestled along the sandy beach & boardwalk in Long Branch NJ. It features an array of unique shops & retail dining. Come & enjoy a beautiful day at the beach and boardwalk. Call 732-390-7058 to sign up.

**VEIN VASCULAR SCREENING-** The Vein and Vascular Clinic will be offering a FREE vein screening on Thursday, July 17<sup>th</sup> at 12 pm to provide education about vein health & a description of the screening. Please wear shorts or loose-fitting sweatpants as this will facilitate the process. Each attendee will receive a 15-minute screening which would include spot check ultrasound with our vascular technician and a consult with our physician. Call 732-390-7058 to register.

**VIRTUAL TOURS-**Homewatch Caregivers of Woodbridge will be hosting a virtual tour event on Tuesday, July 22<sup>nd</sup> at 10:00 am. Enjoy the experiences of Washington DC or New York City through a virtual tour. Call the front office to sign up 732-390-7058.

**LET'S PLAY BINGO-**Venetian Care & Rehabilitation will host a bingo event on Thursday, July 24<sup>th</sup> at 10:00 am. Bingo games will be played along with information provided on the services they offer. Refreshments will be served. Please sign up at the front desk or call 732-390-7058.

**ANGIO SCREEN-** Hackensack Meridian Health is offering an Angio screening on Tuesday, August 5<sup>th</sup> from 9:30-4:00 pm. It's a 15-minute screening that will include multiple tests that can save your life. Pre-registration is required by calling 1-800-560-9990, Special price of \$49.95 is being offered.

**BONE DENSITY SCREENING-**St. Peter's Community Health Services will be offering a free Bone Density screening on Thursday August 7<sup>th</sup> from 10:00 am -12 pm. The screening is non -diagnostic & will assess one's risk for developing osteoporosis & therefore not beneficial for people who already know they have osteoporosis.

**FOOT CARE SERVICES-**Home Foot Care Services will hold a presentation on healthy feet for seniors. Learn all you need to know about "healthy feet". The presentation will be on Friday, August 8<sup>th</sup> at 10 am. Light refreshments will be served. Call 732-390-7058 to register.

**ARTS & CRAFTS CLASS-** -will take place on Monday, August 11<sup>th</sup> at 11:00 am. The class will be making a popsicle art canvas. Call 732-390-7058 to reserve your spot!

**BIRTHDAY BREAKFAST WITH THE MAYOR-**will take place on Wednesday, August 20<sup>th</sup> at 9:30 am. If you are a senior born during the months of May, June, July & August. Call 732-390-7058 to make a reservation. NO DROP INS!!!

**ICE CREAM SOCIAL-**Come and join the fun at our ice cream buffet served by Fajji's!! The social will take place on Wednesday, August 27<sup>th</sup> at 1:00 pm. Pre-registration is required! Please call the office 732-390-7058 if you would like to attend. NO RESERVED TABLES

**MATTER OF BALANCE-** Robert Wood Johnson is offering an 8-week course called Matter of Balance. The class is specifically designed to reduce the fear of falling and improve activity levels among older adults. The program includes eight two-hour classes led by trained coaches. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance. This is an 8-week commitment and will run consecutively every Tuesday & Thursday from 9:30 am -11:30 am. Classes will begin in September and will run through October. Attendance is **MANDATORY** for all 8 weeks. **NO EXCEPTIONS!!** This class will be offered first to those seniors who are not already enrolled in the Tuesday Balance/Strength Class or Friday's Agility/Balance Class. Call the front desk at 732-390-7058 to sign up!

**SKIN CANCER SCREENING-** St. Peter's Hospital will be offering a free skin care screening on Wednesday, September 3<sup>rd</sup>. from 9:00 am-12:00 pm. Please call the office to make an appointment.

**DISASTER PREPAREDNESS COURSE-**The American Red Cross will be providing a free disaster preparedness & hands only CPR demonstration on Monday, September 22<sup>nd</sup> from 10:00-11:00 am. This will entail hurricane safety, winter storm preparedness, tornado safety, earthquake readiness, domestic fire preparedness, wildfire safety, power outage readiness, creating a "get up & go bag" and much more. Please call the front office at 732-390-7058 to register.

**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**

**1<sup>st</sup> Trip 8:00 am 2<sup>nd</sup> 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**

**RIDE SERVICES**

**Call 1-800-221-3520**



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SEPTEMBER 1, 2025 – SEPTEMBER 30, 2025

### LIST OF ACTIVITIES

8:00 AM-4:00 PM

<b>NUTRITION CENTER:</b>	DAILY	8:30-2:00 PM
<b>AEROBICS</b>	Mondays, Wednesdays & Fridays	9:00 - 10:00
<b>AGILITY &amp; BALANCE</b>	Fridays (Waiting List)	11:00 AM
<b>ART CANVAS</b>	Tuesday, 9/2	10:00 AM
<b>ARTS &amp; CRAFTS</b>	2 <sup>nd</sup> Monday 9/8	11:00
<b>BILLARDS</b>	Wednesdays	6:00 PM
<b>BOOK CLUB</b>	2 <sup>nd</sup> Thursday 9/11	10:00
<b>CHAIR YOGA</b>	Mondays (Waiting List)	10:00
<b>CROCHET/KNITTING</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 9/3 & 9/17	1:00-3:00
<b>SCRABBLE</b>	Tuesdays	1:30-3:30
<b>STRENGTH TRAINING</b>	Tuesdays	11:00-12:00
<b>BALANCE/STABILITY</b>	Thursday	
<b>FIT FOR LIFE</b>	Wednesdays (Waiting List)	10:30-11:15
<b>COMPUTER LAB:</b>	DAILY	8:30 - 3:30
<b>COMMISSION ON AGING MEETING:</b>	Thursday 9/18	2:00 PM
<b>“PLANNER’S” MTG”</b>	No September Meeting	*****

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#### CLUB DATES

SEPTEMBER 9<sup>th</sup> 12:00 TUESDAY CLUB  
SEPTEMBER 11<sup>th</sup> 11:30 THURSDAY CLUB "PICNIC"  
SEPTEMBER 16<sup>th</sup> 11:30 ST. STAN'S CLUB

**AUGUST MONTHLY BUS TRIP-** will be to Pier Village on Thursday, August 28<sup>th</sup>. Pier Village is a vibrant oceanfront community beautifully nestled along the sandy beach & boardwalk in Long Branch NJ. It features an array of unique shops & retail dining. Call 732-390-7058 to sign up.

**SEPTEMBER MONTHLY BUS TRIP-**will take place on Thursday, September 18<sup>th</sup>. Our bus will be going to the Marlboro strip mall which has a variety of shopping stores such as Hobby Lobby, TJ Maxx and Kohls. We will also be stopping for lunch. Call 732-390-7058 to reserve your spot.

**ANGIO SCREEN-** Hackensack Meridian Health is offering an Angio screening on Tuesday, August 5<sup>th</sup> from 9:30-4:00 pm. It's a 15-minute screening that will include multiple tests that can save your life. Pre-registration is required by calling 1-800-560-9990, Special price of \$49.95 is being offered.

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**ARTS & CRAFTS CLASS-**will take place on Monday, September 8<sup>th</sup> at 11:00 am. The class will be making a "Paint your Own Art Canvas". Call 732-390-7058 to reserve your spot!

**ART CANVAS CLASS-**Art Canvas will resume on Tuesday, September 2<sup>nd</sup> and will meet quarterly.

**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 3<sup>th</sup>.

**GRANDPARENTS DAY-** The Commission on Aging, is sponsoring Grandparent's Day on Monday, September 8<sup>th</sup> from 12:00-2:00. Honoring all grandparents with a hot dog lunch & snack! Call 732-390-7058 to sign up!

**MIDDLESEX COUNTY SENIOR HEALTH & FITNESS WALK-** The Middlesex County Office on Aging is sponsoring a Senior Health & Fitness Walk on Wednesday, September 24<sup>th</sup> 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!

**DISASTER PREPAREDNESS COURSE-**The American Red Cross will be providing a free disaster preparedness & hands only CPR demonstration on Monday, September 22<sup>nd</sup> from 10:00-11:00 am. This will entail hurricane safety, winter storm preparedness, tornado safety, earthquake readiness, domestic fire preparedness, wildfire safety, power outage readiness, creating a "get up & go bag" and much more. Please call the front office at 732-390-7058 to register.

**LIFE LINE SCREENING-** Life Line Screening will host their affordable, non-invasive painless health screenings on Thursday, October 2<sup>nd</sup>. 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 1-800-640-6307 to register!!!

**MEDICARE HEALTH ENROLLMENT SEMINAR-**The open enrollment period for any health or prescription drug changes is from October 15<sup>th</sup> –December 7<sup>th</sup>. 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 17<sup>th</sup>, 24<sup>th</sup>, October 31<sup>st</sup>, November 7<sup>th</sup>, November 14<sup>th</sup> and November 21<sup>st</sup> 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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#### TRANSPORTATION SCHEDULE

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