



The Borough of Sayreville

ACTIVE ADULT CENTER

423 Main Street • Sayreville, NJ 08872

Tel. 732-390-7058 • Fax 732-390-2123

DECEMBER 1st -DECEMBER 31st 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 AM
ART CANVAS	Tuesday 12/2	10:00 AM
ARTS & CRAFTS	3 rd Monday 12/15	11:00 AM
BILLARDS	Thursdays	6:00 PM
BOOK CLUB	2 nd Thursday	No December Class
CHAIR YOGA	Mondays (Waiting List)	10:00 AM
CROCHET/KNITTING	1 st & 3 rd Wednesday 12/3 & 12/17	1:00-3:00 PM
SCRABBLE	Tuesdays	1:30-3:30 PM
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 December Meeting	*****
"PLANNER'S" MTG"	No December Meeting	*****

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

CLUB DATES

DECEMBER 9th 12:00 TUESDAY CLUB (Holiday Party)
DECEMBER 11th 11:30 THURSDAY CLUB (Holiday Dinner)
DECEMBER 16th 11:30 ST. STAN'S CLUB "Christmas Party"

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Tuesday, November 11th to observe Veteran's Day. Thursday, November 27th & November 28th to celebrate Thanksgiving, Thursday, December 25 for Christmas Day and Thursday, January 1st for New Year's Day.

BIRTHDAY BREAKFAST WITH THE MAYOR-is scheduled for Thursday, December 4th at 9:30 am. All seniors born during the months of September, October, November & December are invited. Call 732-390-7058 to make a reservation no later than Monday, November 24th

SPECIAL THANK YOU-A special "thank you" to the kitchen/decorating committee who worked so hard to make our annual Halloween Party a great success!!! We would also like to thank all the vendors, seniors and Elected Officials who donated wonderful prizes.

DECEMBER BUS TRIP- we will be going to the Cracker Barrel Restaurant. Since this is a popular trip we are anticipating running two separate trips. Dates for this trip will be on Thursday, December 4th and Thursday, December 18th. We will inform you of which date you will be scheduled prior to the trip. Please call 732-390-7058 to reserve your spot!

SAYREVILLE TNR CATS-An organization called TNR which stands for Trap, Neuter and Return is an effective approach to control the community cat population. Denise Morgan who runs the organization has trapped and released two cats here at our senior center. To ensure the cats are being fed properly, we are collecting donations of cat food to feed these cats and & other cats that may be caught and released. This organization is strictly funded by donations so please consider donating! There is a donation box set up in our main walkway. Call the front office at 732-390-7058 for further information.

WALKING CLUB- One of our seniors, Kathy Karmazin has started a walking club. The club meets a few times a week to walk at Borough Hall. For further information and details, call Kathy at 732-721-3796. Transportation WILL NOT be provided. Sign up at the front desk if you are interested.

FLU SHOTS- Middlesex County Health Department will be administering the seasonal flu vaccine here on Wednesday, November 5th from 10:00 am-11:00 am. There is no cost for the flu shot. All must obtain consent at <http://dispenseassist.co.middlesex.nj.us/flu.html>. Call 732-745-3100 for further information.

PRICE IS RIGHT-Venetian Care Center will host a "Price is Right" game at our center on Thursday, November 6th at 10 am. Test your shopping skills while having fun. Sign up at the front desk!

ARTS & CRAFTS CLASS-will take place on Monday, December 15th at 11:00 am. The class will be making a snowman ornament. Call 732-390-7058 to reserve your spot!

FREE HEALTH SCREENINGS-American Preventive Screening & Education will be at our center to promote awareness of diabetes and hypertension by offering free community health screenings and educational resources. Student volunteers are trained to provide basic measurements including blood pressure, blood sugar, BMI & Body Composition, waist composition, grip strength & preventive education. The screening dates are scheduled for Monday, November 10th from 10 am-12 pm and Monday December 29th from 10 am-12:00 pm. Registration is required. Call 732-390-7058 to sign up!

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: November 7th, November 14th & November 21st 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. Individual appointments are available by calling 877-447-2552 or text 917-464-4583.

HEALTHY AGING AT HOME- Visiting Physicians will be here to discuss the way clinicians can help with house calls & VNA with home health on Wednesday, November 19th at 10:00 am.

PARLIN RX VACCINES-The Parlin Rx Pharmacy will be offering various vaccines on Friday, November 21st from 9:00 am -11:00 am. They will offer the RSV, Pneumonia, Flu, Pfizer new booster, Moderna new booster, and Shingrix. Call the pharmacy at 732-952-3022 or register at:

[Sayreville Senior Center Flu & COVID-19 Vaccine Clinic Registration.](#)

CHRISTMAS CONCERT- Celebrate the holiday season with music from the FOG and delicious refreshments. Join us on Friday, December 5th from 12:00-2:00. Call 732-390-7058 to register!

STRESS MANAGEMENT SEMINAR- The Middlesex County Office of Health Services will offer a presentation on different ways to manage and handle stress. The presentation will take place on Friday, December 12th at 10:00 am. Pre-registration is required. Call 732-390-7058 to sign up!

THE STAFF OF THE SAYREVILLE OFFICE ON AGING: Would like to wish everyone a very healthy, happy and safe holiday season!

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



The Borough of Sayreville

ACTIVE ADULT CENTER

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

JANUARY 1st -JANUARY 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	Tuesday	No January Class
ARTS & CRAFTS	3 rd Monday 1/26 (Holiday)	11:00 AM
BILLARDS	Thursdays	6:00 PM
BOOK CLUB	2 nd Thursday 1/8	
CHAIR YOGA	Mondays (Waiting List)	10:00 AM
CROCHET/KNITTING	1 st & 3 rd Wednesday 1/7 & 1/21	1:00-3:00 PM
SCRABBLE	Tuesdays	1:30-3:30 PM
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 January Meeting	*****
"PLANNER'S" MTG"	No January Meeting	*****

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

CLUB DATES

JANUARY 8th 11:30 THURSDAY CLUB
JANUARY 13th 12:00 TUESDAY CLUB
JANUARY 20th 11:30 ST. STAN'S CLUB

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Thursday, December 25th for Christmas Day, Thursday, January 1st for New Year's Day & Monday, January 19th for ML King Day. **JANUARY BUS TRIP**-will take place on Thursday, January 15th. We will be going to Boscov's, and Wegmans. We will also be stopping for lunch at the Longhorn Steak House in Woodbridge. Please call the office at 732-390-7058 to reserve your spot!.

ATTENTION BUS RIDERS-We have recently noticed an increase in last-minute & repeated cancellation of bus reservations. While we understand that plans can change unexpectedly, these cancellations create significant scheduling challenges. When seats are reserved & later cancelled especially on the day of the trip, it prevents other passengers from booking. This is occurring with our daily riders and on monthly bus trips. We ask you to **PLEASE** write down and make note when you make your reservation!

HEALTHY AGING AT HOME- Visiting Physicians will be here to discuss the way clinicians can help with house calls & VNA with home health on Wednesday, December 10th at 10:00 am. Please call our office at 732-390-7058 to register.

STRESS MANAGEMENT SEMINAR- The Middlesex County Office of Health Services will offer a presentation on different ways to manage and handle stress. The presentation will take place on Friday, December 12th at 10:00 am. Pre-registration is required. Call 732-390-7058 to sign up!

FREE HEALTH SCREENING-American Preventive Screening & Education will be at our center to promote awareness of diabetes and hypertension by offering free community health screenings and educational resources. Student volunteers are trained to provide basic measurements including blood pressure, blood sugar, BMI & Body Composition, waist composition, grip strength & preventive education. The screening dates are scheduled for Monday December 29th from 10 am-12:00 pm. Registration is required. Call 732-390-7058 to sign up!

BLOOD DRIVE-South Amboy-Sayreville Rotary will host a community blood drive with the American Red Cross on Monday, January 5th from 1 pm to 6 pm at the Sayreville Senior Center. Sign up at: <https://www.redcrossblood.org/give.html/find-drive>

WILLS & ESTATE PROGRAM- Kenneth Vercammen Esq. Attorney, will be presenting a Wills & Estate seminar on Wednesday, January 7th at 10:00 am. He will be discussing what's new in 2026, the dangers of having no will or invalid documents, getting your estate planning documents done when you can't go into a law office, what goes into a will, Power of Attorney recommendations, living will, & advance directive for medical care. Complimentary materials will be available as well. Pre-registration is required. Call 732-390-7058 to reserve your spot!

TRIVIA & HOT COCOA-Home Care Watch Givers will host a trivia and hot cocoa event on Friday, January 16th at 10:00 am. Please call the front desk to sign up at 732-390-7058.

ARTS & CRAFTS CLASS-will take place on Monday, January 26th (due to MLK holiday) at 11:00 am. The class will be making a glass landscape painting. Call 732-390-7058 to reserve your spot!

BLOOD SUGAR/BLOOD PRESSURE SCREENING- St. Peter's University Hospital will offer a free blood pressure/blood sugar screening on Thursday, January 29th, from 10am-12pm. Pre-registration is required by calling the front desk at 732-390-7058.

LIFE LINE SCREENING- Life Line Screening will host their affordable, non-invasive painless health screenings on Thursday, February 5th 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!

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 Residential Safety/Maintenance 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.

SNOW REMOVAL PROGRAM- Our snow removal program was implemented to provide assistance to residents in need of snow removal. Our office has a list of local residents who can provide this service for a fee (depending on the size of the job). The cost would be agreed upon by both parties before the work would begin. We are also interested in those who have equipment to remove snow and also welcome students willing to provide these services towards fulfilling their community service commitments. If you know of anyone who would be interested or if you are in need of this service, please call the front office at 732-390-7058.

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.

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