



The Borough of Sayreville

ACTIVE ADULT CENTER

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

DECEMBER 1, 2024 – DECEMBER 31, 2024

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 12/03	10:00
ARTS & CRAFTS	3 rd Monday 12/16	11:00
BILLARDS	Wednesdays	6:00 PM
BOOK CLUB	2 nd Thursday 12/12	10:00
CHAIR YOGA	Mondays	10:00
CROCHET/KNITTING	1 st & 3 rd Wednesdays 12/4 & 12/18	1:00-3:00
SCRABBLE	Tuesdays	1:30-3:30
STRENGTH TRAINING BALANCE/STABILITY	Tuesday (Waiting List) Thursday (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:	No January Meeting	2:00 PM
“PLANNER’S” MTG”	No January Meeting	*****

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

CLUB DATES

DECEMBER 10th 12:00 TUESDAY CLUB “*Christmas Party*”
DECEMBER 12th 11:30 THURSDAY CLUB “*Christmas Party*”
DECEMBER 17th 11:30 ST. STAN’S CLUB “*Christmas Party*”

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Monday, November 11th for Veterans Day, Thursday, November 28th and Friday, November 29th to celebrate Thanksgiving, Wednesday, December 25th for Christmas & Wednesday, January 1st for New Year.

BIRTHDAY BREAKFAST WITH THE MAYOR-is scheduled for Tuesday, December 3rd 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 25th.

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-will take place on Thursday, December 5th. We will be going to the Super Walmart on Rte. 18 & to the Manalapan strip mall which includes Hobby Lobby, TJ Maxx & Kohls. We will also stop for lunch. Call 732-390-7058 to register.

JANUARY BUS TRIP-will be on Thursday, January 16th. We will be going to Boscov’s Wegmans, Home Goods and will stop for lunch. Please call 732-390-7058.

CHAIR YOGA- Since we received an overwhelming response for our chair yoga our first class will begin on Monday, November 4th at 10:00 am. Due to limited space, we were only able to enroll the first 25 participants. This class will be conducted through a video tape which you will follow through instruction. Wear loose comfortable clothing, sneakers & bring a towel. The class will run consecutively every Monday at 10:00 am. Due to the popularity of the class an attendance policy will be enforced.

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: Nov 8th, 15th and 22nd 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 & choices. Other topics regarding medical coverage will be addressed including other insurance options. Call 732-390-7058 for further information. Individual appointments are available by calling 877-447-2552 or text 917-464-4583.

ANCHOR BENEFIT-The offices of Senator Vitale, Speaker Coughlin & Assemblywoman Lopez will be here to assist in applying for the Anchor Benefit on Wednesday, November 6th at 10 am. To qualify for this benefit, you must have been a New Jersey resident, who owned and occupied a home in NJ that was your principal residence (main home) on October 1, 2021, 2021 property taxes were paid on that home & your 2021 NJ gross income was not more than \$250,000. For renters, you were a NJ resident; your 2021 NJ gross income was not more than \$150,000, your name was on the lease or rental agreement and you paid rent & occupied a residence in NJ that was your principal residence (main home) on Oct 1, 2021, & the rental property was subject to local property taxes. The filing deadline is November 30, 2024.

PARLIN RX VACCINES-The Parlin Rx Pharmacy will be offering various vaccines on Wednesday, November 13th from 10 am-12 pm. 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 and refreshments. Join us on Monday, December 9th from 12:00-2:00. Please sign up at the front desk or call 732-390-7058.

ARTS & CRAFTS CLASS- NOTE TIME CHANGE -will take place on Monday, December 16th at 11:00 am. We will be making a holiday jar candle craft holder. Pre-registration is required by calling the front desk at 732-390-7058.!!

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