



# *The Borough of Sayreville*

## **ACTIVE ADULT CENTER**

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

**FEBRUARY 1<sup>st</sup> – FEBRUARY 28<sup>th</sup> 2026**

**LIST OF ACTIVITIES**  
**8:00 AM-4:00 PM**

<b>NUTRITION CENTER:</b>	<b>DAILY</b>	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	No February Class
<b>ARTS &amp; CRAFTS</b>	4 <sup>th</sup> Monday 2/23 (Due to Holiday)	11:00 AM
<b>BILLARDS</b>	Thursdays	6:00 PM
<b>BOOK CLUB</b>	2 <sup>nd</sup> Thursday 2/12	10:00 AM
<b>CHAIR YOGA</b>	Mondays (Waiting List)	10:00 AM
<b>CROCHET/KNITTING</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 2/4 & 2/18	1:00-3:00 PM
<b>SCRABBLE</b>	Tuesdays	1:30-3:30 PM
<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>	<b>DAILY</b>	8:30 - 3:30
<b>COMMISSION ON AGING MEETING:</b>	Wednesday, 1/14	2:00 PM
<b>“PLANNER’S” MTG”</b>	No January Meeting	*****

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

**CLUB DATES**

FEBRUARY	10 <sup>th</sup>	12:00	TUESDAY CLUB
FEBRUARY	12 <sup>th</sup>	11:30	THURSDAY CLUB
FEBRUARY	17 <sup>th</sup>	11:30	ST. STAN'S CLUB

**THE SAYREVILLE SENIOR CENTER WILL BE CLOSED** on January 19<sup>th</sup> for ML King Day and on Monday, February 16<sup>th</sup> for Presidents Day.

**FEBRUARY BUS TRIP**-will take place on Thursday, February 19<sup>th</sup>. We will be going to the Super Walmart on Route 18 and then on to the Manalapan Epi Center which includes stores such as Wegmans, Target, Marshalls and Home Goods. We will also stop for lunch at the diner. 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!

**UNITED WAY INCOME TAX PREPARATION**- The United Way will be providing free income tax preparation here at our center. 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 and required intake packet will be in our lobby the 1<sup>st</sup> week in February. In addition to the drop off service, United Way will be on site every Tuesday morning starting on February 3<sup>rd</sup> - March 24th from 9:00 am -12:00 pm for in person appointments. This is also a drop off service! 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. We will begin to take appointments on Monday, January 12<sup>th</sup>. Call 732-390-7058 to schedule an appointment.

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

**ALL ABOUT BETTER SLEEP**- Braven Health will host a presentation about getting better sleep. The presentation will take place on Tuesday, January 27<sup>th</sup> at 10:00 am.

**BLOOD SUGAR/BLOOD PRESSURE SCREENING**- St. Peter's University Hospital will offer a free blood pressure/blood sugar screening on Thursday, January 29<sup>th</sup>, 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 5<sup>th</sup> 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!

**PORTRAITS SOCIAL**-Danny McDonnell is hosting a Portraits Social as a way to give back to our Senior Community. There will be light refreshments and pre-recorded music. Each senior can have their portrait taken and receive a QR code and link to retrieve the photo. The social will take place on Friday, February 20<sup>th</sup> from 10:00 am-12:00 pm. Please call the front desk to register at 732-390-7058.

**ARTS & CRAFTS CLASS**- will take place on Monday, February 23<sup>rd</sup> (due to Presidents Day) at 11:00 am. The class will be making a Ceramic Heart Ornament. Call 732-390-7058 to reserve your spot!

**HEALTHY EATING ON A BUDGET**-Braven Health will host a presentation on healthy eating. They will review and explain the "My Plate Method". The presentation will take place on Wednesday, February 25<sup>th</sup> at 10:00 am. Please call the front desk at 732-390-7058.

**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](mailto:Jbetzler@Sayreville).

**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



# *The Borough of Sayreville*

## **ACTIVE ADULT CENTER**

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MARCH 1<sup>st</sup> – MARCH 31<sup>st</sup> 2026

**LIST OF ACTIVITIES**  
**8:00 AM-4:00 PM**

<b>NUTRITION CENTER:</b>	<b>DAILY</b>	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 3/3	10:00 AM
<b>ARTS &amp; CRAFTS</b>	3 <sup>rd</sup> Monday 3/16	11:00 AM
<b>BILLARDS</b>	Thursdays	6:00 PM
<b>BOOK CLUB</b>	2 <sup>nd</sup> Thursday 3/12	10:00 AM
<b>CHAIR YOGA</b>	Mondays (Waiting List)	10:00 AM
<b>CROCHET/KNITTING</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 3/4 & 318	1:00-3:00 PM
<b>SCRABBLE</b>	Tuesdays	1:30-3:30 PM
<b>STRENGTH TRAINING</b>	Tuesdays	11:00-12:00
<b>BALANCE/STABILITY</b>	Thursdays	
<b>FIT FOR LIFE</b>	Wednesdays (Waiting List)	10:30-11:15
<b>COMPUTER LAB:</b>	<b>DAILY</b>	8:30 - 3:30
<b>COMMISSION ON AGING MEETING:</b>	Thursday, 3/19	2:00 PM
<b>“PLANNER’S” MTG”</b>	No March Meeting	*****

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

### CLUB DATES

MARCH 10<sup>th</sup> 12:00 TUESDAY CLUB "St. Patrick's Day"  
MARCH 12<sup>th</sup> 11:30 THURSDAY CLUB  
MARCH 17<sup>th</sup> 11:30 ST. STAN'S CLUB

**THE SAYREVILLE SENIOR CENTER WILL BE CLOSED** on Monday, February 16<sup>th</sup> for Presidents Day.

**MARCH BUS TRIP**-will take place on Thursday, March 19<sup>th</sup>. We will be going to the Jersey Gardens Mall. Please call the front office at 732-390-7058 to reserve your spot!

**UNITED WAY INCOME TAX PREPARATION**- The United Way will be providing free income tax preparation here at our center. 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 in the drop box located in our lobby. Once your taxes are completed, United Way will contact you to set up a follow up appointment. If you would rather review your tax documents with them in person, they will also be on site every Tuesday morning starting on February 3<sup>rd</sup> through March 24<sup>th</sup> from 9:00 am -11:30 pm, by appointment only. Please be aware that all 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. A required intake packet is available at the front office and must be completed for each return. Call 732-390-7058 if you have any questions or to schedule an appointment.

**SENIOR MEDICARE PATROL OF NJ**- Mr. Joel Schneider from Senior Medicare Patrol will host a presentation on "Do you have the Best Insurance Available?" The presentation will take place on Friday February 13<sup>th</sup> at 11:00 am. Bring your insurance card with you. Call 732-390-7058 to sign up!

**PORTRAITS SOCIAL**-Danny McDonnell is hosting a Portraits Social as a way to give back to our Senior Community. There will be light refreshments and pre-recorded music. Each senior can have their portrait taken and receive a QR code and link to retrieve the photo. The social will take place on Friday, February 20<sup>th</sup> from 10:00 am-12:00 pm. Please call the front desk to register at 732-390-7058.

**HEALTH EASE**-Middlesex County of Human Services will be hosting a presentation on Monday, February 23<sup>rd</sup> from 10:00-11:30 to discuss health education. The presentation will address how to live a healthier more independent life and to learn ways to make lifestyle changes to improve your heart health and the importance of preventing heart disease. Call 732-390-7058 to sign up!

**HEALTHY EATING ON A BUDGET**- Braven Health will host a presentation on healthy eating. They will review and explain the "My Plate Method". The presentation will take place on Wednesday, February 25<sup>th</sup> at 10:00 am. Please call the front desk at 732-390-7058.

**BLOOD DRIVE**-South Amboy-Sayreville Rotary will host a community blood drive with the American Red Cross on Monday, March 2<sup>nd</sup> from 1 pm to 6 pm at the Sayreville Senior Center. Sign up at: <https://www.redcrossblood.org/give.html/find-drive>.

**MATTER OF BALANCE**- Robert Wood Johnson is offering a 4 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-class commitment and will run consecutively every Tuesday & Thursday from 9:00 am -11:00 am. Classes will begin on Tuesday, March 3<sup>rd</sup> and will end on March 26<sup>th</sup>. Attendance is **MANDATORY** for all 8 classes. **NO EXCEPTIONS!!** Space is limited. Call the front desk at 732-390-7058 to sign up!

**GETTING BETTER SLEEP**-Robert Wood Johnson Community Health will host a presentation on "Getting Better Sleep" on Monday, March 9<sup>th</sup> from 1:00-2:00 pm. Please call the front desk at 732-390-7058 to pre-register.

**ARTS & CRAFTS CLASS**- -will take place on Monday, March 16<sup>th</sup> at 11:00 am. The class will be making a glass landscape painting. Call 732-390-7058 to reserve your spot!

**FAMILY FEUD**- Homewatch CareGivers is back to entertain you! Come and have fun playing Family Feud on Tuesday, March 24<sup>th</sup> at 10 am. Light refreshments will be served. Please call the front desk to sign up at 732-390-7058.

**STRESS MANAGEMENT SEMINAR**- Braven Health will host a seminar on Stress Management on Wednesday, March 25<sup>th</sup> at 10 am. Learn the definition of stress, identify the three different types and understand the consequences of stress. Learn the negative signs and symptoms and effective coping strategies. Call the front desk at 732-390-7058 to register.

**SOCIAL SECURITY & RETIRMENT WORKSHOP**- Alto Financial Group will host a Social Security & Retirement Workshop on Thursday, March 26<sup>th</sup> at 10 am. Learn ways to optimize your social security to reduce taxes and hedge for inflation, ways to minimize retirement & estate taxes, financial strategies that could increase your retirement and much more. Please sign up at the front desk or call 732-390-758.

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### TRANSPORTATION SCHEDULE

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