



# *The Borough of Sayreville*

## **ACTIVE ADULT CENTER**

423 Main Street • Sayreville, NJ 08872

Tel. 732-390-7058 • Fax 732-390-2123

JANUARY 1<sup>st</sup> -JANUARY 31<sup>st</sup> 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 <sup>rd</sup> Monday 1/26 (Holiday)	11:00 AM
BILLARDS	Thursdays	6:00 PM
BOOK CLUB	2 <sup>nd</sup> Thursday 1/8	
CHAIR YOGA	Mondays (Waiting List)	10:00 AM
CROCHET/KNITTING	1 <sup>st</sup> & 3 <sup>rd</sup> 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 8<sup>th</sup> 11:30 THURSDAY CLUB  
JANUARY 13<sup>th</sup> 12:00 TUESDAY CLUB  
JANUARY 20<sup>th</sup> 11:30 ST. STAN'S CLUB

**THE SAYREVILLE SENIOR CENTER WILL BE CLOSED** on Thursday, December 25<sup>th</sup> for Christmas Day, Thursday, January 1<sup>st</sup> for New Year's Day & Monday, January 19<sup>th</sup> for ML King Day. **JANUARY BUS TRIP**-will take place on Thursday, January 15<sup>th</sup>. 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 10<sup>th</sup> 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 12<sup>th</sup> 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 29<sup>th</sup> 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 5<sup>th</sup> 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 7<sup>th</sup> 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 16<sup>th</sup> 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 26<sup>th</sup> (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 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!

**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](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 1800-221-3520 to reserve/cancel

**RIDE SERVICES**

Call 1-800-221-3520





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

### **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	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>	DAILY	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 24<sup>th</sup> 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.

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**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.

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