



The Borough of Sayreville

ACTIVE ADULT CENTER

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

JULY 1, 2026 – JULY 31, 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
ART CANVAS	No Class	*****
ARTS & CRAFTS	4 th Tuesday 7/28 (New Day & Time)	10:00
BILLARDS	Wednesdays	2:00-4:00 PM
BOOK CLUB	2 nd Thursday 7/9 (Waiting List)	10:00
CHAIR YOGA	Mondays (Waiting List) Thursdays	10:00 9:30
CROCHET/KNITTING	NO CLASSES IN JULY/AUGUST	*****
SCRABBLE	Tuesdays	1:00-3:00
STRENGTH TRAINING BALANCE/STABILITY	Tuesdays Thursday	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 July Meeting	2:00 PM
“PLANNER’S MTG”	No July Meeting	10:00 AM

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

<u>CLUB DATES</u>			
JULY	9 th	11:30	THURSDAY CLUB
JULY	14 th	12:00	TUESDAY CLUB "4 th of July"
JULY	21 st	11:30	ST. STAN'S CLUB "Picnic"

SPECIAL THANK YOU- A special "Thank You" to the kitchen/decorating committee who worked so hard to make our annual Senior Day Party a great success!!! A thank you to all vendors who donated wonderful prizes!

BIRTHDAY BREAKFAST WITH THE MAYOR - will be taking place on Wednesday, July 1st at 9:30 am. If you are a senior born during the months of January through August, please call 732-390-7058 to make a reservation.

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Friday, July 3rd to celebrate Independence Day.

JULY MONTHLY BUS TRIP- This trip will be going to Pier Village in Long Branch on Thursday, July 16th and July 23rd. 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.

WALKING CLUB-The weather is getting warmer and there is no better time to get fit and join our walking club! The club meets on Mondays, Wednesdays & Fridays at 12 pm at Boro Hall (Weather permitting) Please call Kathy Karmazin at 732-721-3796 to join!

CHAIR YOGA-Due to the popularity of our Monday Chair Yoga class, a 2nd Chair Yoga class has been added on Thursdays at 9:30 am. Call 732-390-7058 to sign up!

CATARACT AWARENESS- RWJ will offer a seminar on cataract awareness on Monday, June 8th from 1:00 pm-2:00 pm. June is Cataract Awareness Month, a perfect time to educate yourself about this common eye condition that affects millions of people worldwide. Cataracts causes the lens of the eye to become cloudy, can significantly impair vision. By understanding the signs and symptoms, taking preventive measures, and knowing when to consider surgery, you can take proactive steps to maintain your eye health. Call the front office to sign up!

UNDERSTANDING HEARING LOSS & COCHLEAR IMPLANTS-Are you or a loved one struggling with your hearing even when using hearing aids? Join Allison from Cochlear Americas on Wednesday, June 10th at 10:00 am for a free and educational event to learn about hearing loss and implantable solutions. During this session, we will discuss hearing loss and implantable technology, discuss the difference between hearing aids and cochlear implants, and have a Q&A session. Sign up at the front desk!

WILLS & ESTATE PROGRAM- Kenneth Vercammen Esq. Attorney, will be presenting a Wills & Estate seminar on Monday June 15th at 10:00 am. He will be discussing what's new in 2026, dangers if you have 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!

FREE HEALTH SCREENINGS-APSEA will be coming to our center to offer a free community health screening and educational resources on Monday, June 22nd from 10:00 am – 12:00 pm. Student volunteers are trained to provide basic measurements including blood pressure, fasting blood sugar, body composition & grip strength. Call the front office at 732-390-7058 to register.

ARTS & CRAFTS CLASS- (New Day and Time) - The June Clamshell painting magnet has been moved to Tuesday, June 23rd at 10:00am

For July, we will be making a Picture Frame craft on Tuesday, July 28th at 10:00am. Call 732-390-7058 to reserve your spot!

INDEPENDENCE DAY SOCIAL - The Commission on Aging will host an Independence Day Social on Thursday, July 2nd at 12:00 pm. There will be pizza and music. Space is limited and pre-registration is required. NO RESERVED TABLES. Call the front office at 732-390-7058 to make a reservation & if you need transportation to this event.

EMOTIONAL WELLNESS TOOLS- Patrice Swarbrick LCSW therapist, will be giving an engaging presentation on Emotional Wellness Tools on Wednesday, July 8th at 10:00am. This presentation is designed to support mental health, stress management, and healthy coping strategies geared towards older adults. Please call the office at 732-390-7058 to reserve your spot!

ICE CREAM SOCIAL- Come and join the fun at our annual Ice Cream Social served by Fajji's!! The event will take place on Wednesday, August 26th at 1:00 pm. Pre-registration is required! Please call the office 732-390-7058 if you would like to attend. NO RESERVED TABLES!

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 Check for Safety 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.

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

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 800-221-3520 to reserve/cancel

RIDE SERVICES

Call 1-800-221-3520



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AUGUST 1, 2026 – AUGUST 31, 2026

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AGILITY & BALANCE	Fridays (Waiting List)	11:00
ART CANVAS	WILL RESUME IN THE FALL	*****
ARTS & CRAFTS	4 th Tuesday 8/25	10:00
BILLARDS	Thursdays	2:00 PM
BOOK CLUB	2 nd Thursday 8/13	10:00
CHAIR YOGA	Mondays (Waiting List) Thursdays	10:00 9:30
CROCHET/KNITTING	NO CLASSES IN JULY/AUGUST	*****
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COMMISSION ON AGING MEETING:	No August Meeting	*****
“PLANNER’S” MTG	No August Meeting	*****

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CLUB DATES

AUGUST 11th 12:00 TUESDAY CLUB "Luau"
AUGUST 13th 11:30 THURSDAY CLUB
AUGUST 18th 11:30 ST. STAN'S CLUB

AUGUST MONTHLY BUS TRIP- will be traveling to Point Pleasant Boardwalk on Thursday, August 20th and August 27th. Spend a relaxing day by the ocean with beautiful views, boardwalk fun, great food and time to enjoy the Jersey Shore at your own pace. Call 732-390-7058 to sign up.

WALKING CLUB-The weather is warm and there is no better time to get fit and join our walking club! The club meets on Mondays, Wednesdays & Fridays at 12 pm at Borough Hall (Weather permitting) Please call Kathy Karmazin at 732-721-3796 to join!

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CYBERSECURITY AWARENESS TRAINING- on Friday, July 17, 2026, at 10:00am. As technology becomes increasingly integrated into everyday life, older adults are frequently targeted by cybercriminals through phone calls, emails, text messages, social media, and online scams. This one-hour educational session focuses on practical cybersecurity tips, scam prevention, and simple actions participants can take to protect themselves, their identities, and their finances. Call 732-390-7058 to sign up!

BINGO- Elara Caring will be hosting a BINGO event on Friday, August 7th at 10:00am. Come join the fun and a chance to win some prizes! Light refreshments will also be served. Please call 732-390-7058 to reserve your spot.

KARAOKE-Come sing your heart out at our community karaoke event on Friday, August 14th at 10:00am hosted by Vision Riverside Assisted Living. No judgment, just good vibes. Refreshments will be served. To register, call 732-390-7058

ARTS & CRAFTS CLASS- -will take place on Tuesday, August 25th at 10:00 am. The class will be making a Ceramic Tile Painting. Call 732-390-7058 to reserve your spot!

ICE CREAM SOCIAL- Come and join the fun at our annual Ice Cream Social served by Fajji's!! The event will take place on Wednesday, August 26th at 1:00 pm. Pre-registration is required! Please call the office 732-390-7058 if you would like to attend. **NO RESERVED TABLES!**

GRANDPARENTS DAY- The Commission on Aging, is sponsoring Grandparent's Day on Monday, September 14th from 12:00-2:00. Honoring all grandparents with lunch and entertainment! Call 732-390-7058 to sign up!

FREE WELLNESS SCREENING- Hackensack Meridian Health will be offering a FREE Wellness Screening on Monday, September 21st at 10:00am. Please call the office at 732-390-7058 to make an appointment.

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