



The Borough of Sayreville

ACTIVE ADULT CENTER

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

JULY 1, 2025 – JULY 31, 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
ART CANVAS	Will resume in the fall	*****
ARTS & CRAFTS	2 nd Monday 7/14	11:00
BILLARDS	Wednesdays	6:00 PM
BOOK CLUB	2 nd Thursday 7/10	10:00
CHAIR YOGA	Mondays (Waiting List)	10:00
CROCHET/KNITTING	NO CLASSES IN JULY/AUGUST	*****
SCRABBLE	Tuesdays	1:30-3:30
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 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.

CLUB DATES

JULY	8 th	12:00	TUESDAY CLUB
JULY	10 th	11:30	THURSDAY CLUB
JULY	15 th	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!

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Friday, July 4th to celebrate Independence Day.

ARTS & CRAFTS CLASS-will take place on Monday, July 14th at 11:00 am. The class will be making an Oyster Shell Sculpture. Call 732-390-7058 to reserve your spot!

PHYSICAL ACTIVITY FOR OLDER ADULTS- Braven Health is hosting a Wellness Event on Friday, June 20th at 10 am. Learn about the benefits of exercise & how it can help with healthy aging. We will review the types of exercise & how much physical activity is needed. Call 732-390-7058 to register.

LIFE LINE SCREENING- Life Line Screening will host their affordable health screenings on Thursday, June 26th 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!!!

VEIN VASCULAR SCREENING- The Vein and Vascular Clinic will be offering a FREE vein screening on Thursday, July 17th at 12 pm to provide education about vein health & a description of the screening. Please wear shorts or loose-fitting sweatpants as this will facilitate the process. Each attendee will receive a 15-minute screening which would include spot check ultrasound with our vascular technician and a consult with our physician. Call 732-390-7058 to register.

INDEPENDENCE DAY SOCIAL - The Commission on Aging will host an Independence Day Social on Monday, July 7th at 12:00 pm. Pizza will be served. 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.

MOSAIC COASTER CRAFT- The Middlesex NJ Arts Institute will hold a craft project of making mosaic coasters on Friday, July 25th at 11:00 am. Space is limited. Please sign up at the front desk or call 732-390-7058 to register!

ANGIO SCREEN- Hackensack Meridian Health is offering an Angio screening on Tuesday, August 5th from 9:30-4:00 pm. It's a 15-minute screening that will include multiple tests that can save your life. Pre-registration is required by calling 1-800-560-9990, Special price of \$49.95 is being offered.

ICE CREAM SOCIAL-Come and join the fun at our ice cream buffet served by Fajji's!! The social will take place on Wednesday, August 27th at 1:00 pm. Pre-registration is required! Please call the office 732-390-7058 if you would like to attend. NO RESERVED TABLES!

AROUND THE TOWN BUS TRANSPORTATION-Please be aware that we will have limited "Around the Town Bus Service". We will be providing transportation on Mondays & Wednesdays at 8 am & 10 am. Depending on your location, you will be scheduled on a Monday or a Wednesday. Please call the front office for further information at 732-390-7058.

ART CANVAS CLASS-There will be no Art Canvas Class for the months of June, July & August. Class will resume in September and will be held on a quarterly basis.

CROCHETING/KNITTING-There will be no Crocheting/Knitting Class for the months of July & August. Classes will resume in September. Donations of yarn are still greatly appreciated.

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, 2025 – AUGUST 31, 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
ART CANVAS	Will resume in the fall	*****
ARTS & CRAFTS	2 nd Monday 8/11	11:00
BILLARDS	Wednesdays	6:00 PM
BOOK CLUB	2 nd Thursday 8/14	10:00
CHAIR YOGA	Mondays (Waiting List)	10:00
CROCHET/KNITTING	NO CLASSES IN JULY/AUGUST	*****
SCRABBLE	Tuesdays	1:30-3:30
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 August Meeting	2:00 PM
“PLANNER’S” MTG”	No August Meeting	10:00 AM

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

CLUB DATES

AUGUST 12th 12:00 TUESDAY CLUB "Luau"

AUGUST 14th 11:30 THURSDAY CLUB

AUGUST 19 11:30 ST. STAN'S CLUB

AROUND THE TOWN BUS SERVICE- Effective Monday July 7th, we will be resuming our regular bus service for the Active Adult Center. The Around the Town Bus service will run on Mondays, Tuesdays, Wednesdays & Fridays for all Sayreville residents. Passengers will be able to ride the bus on any of those days providing that you have called the office prior to make a reservation. The policy of calling the office in advance to schedule your trip will be strictly enforced by 3:00 pm the day before. For Monday trips, you must call prior to 3:00 pm on Friday. Trips will be taken on a first come first serve basis & medical appointments will take priority over shopping trips.

JULY MONTHLY BUS TRIP-we will be going to the Columbus Flea Market on Thursday, July 31st. The flea market is a bargain hunter's dream, featuring antiques, collectibles, crafts, clothes, furniture, cosmetics, toys, tools, food, produce, fish, hardware, etc.- There's something for everyone! Please call 732-390-7058 to register.

AUGUST MONTHLY BUS TRIP- will be to Pier Village on Thursday, August 28th. 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.

VEIN VASCULAR SCREENING- The Vein and Vascular Clinic will be offering a FREE vein screening on Thursday, July 17th at 12 pm to provide education about vein health & a description of the screening. Please wear shorts or loose-fitting sweatpants as this will facilitate the process. Each attendee will receive a 15-minute screening which would include spot check ultrasound with our vascular technician and a consult with our physician. Call 732-390-7058 to register.

VIRTUAL TOURS-Homewatch Caregivers of Woodbridge will be hosting a virtual tour event on Tuesday, July 22nd at 10:00 am. Enjoy the experiences of Washington DC or New York City through a virtual tour. Call the front office to sign up 732-390-7058.

LET'S PLAY BINGO-Venetian Care & Rehabilitation will host a bingo event on Thursday, July 24th at 10:00 am. Bingo games will be played along with information provided on the services they offer. Refreshments will be served. Please sign up at the front desk or call 732-390-7058.

ANGIO SCREEN- Hackensack Meridian Health is offering an Angio screening on Tuesday, August 5th from 9:30-4:00 pm. It's a 15-minute screening that will include multiple tests that can save your life. Pre-registration is required by calling 1-800-560-9990, Special price of \$49.95 is being offered.

BONE DENSITY SCREENING-St. Peter's Community Health Services will be offering a free Bone Density screening on Thursday August 7th from 10:00 am -12 pm. The screening is non -diagnostic & will assess one's risk for developing osteoporosis & therefore not beneficial for people who already know they have osteoporosis.

FOOT CARE SERVICES-Home Foot Care Services will hold a presentation on healthy feet for seniors. Learn all you need to know about "healthy feet". The presentation will be on Friday, August 8th at 10 am. Light refreshments will be served. Call 732-390-7058 to register.

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

BIRTHDAY BREAKFAST WITH THE MAYOR-will take place on Wednesday, August 20th at 9:30 am. If you are a senior born during the months of May, June, July & August. Call 732-390-7058 to make a reservation. NO DROP INS!!!

ICE CREAM SOCIAL-Come and join the fun at our ice cream buffet served by Fajji's!! The social will take place on Wednesday, August 27th at 1:00 pm. Pre-registration is required! Please call the office 732-390-7058 if you would like to attend. NO RESERVED TABLES

MATTER OF BALANCE- Robert Wood Johnson is offering an 8-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-week commitment and will run consecutively every Tuesday & Thursday from 9:30 am -11:30 am. Classes will begin in September and will run through October. Attendance is **MANDATORY** for all 8 weeks. **NO EXCEPTIONS!!** This class will be offered first to those seniors who are not already enrolled in the Tuesday Balance/Strength Class or Friday's Agility/Balance Class. Call the front desk at 732-390-7058 to sign up!

SKIN CANCER SCREENING- St. Peter's Hospital will be offering a free skin care screening on Wednesday, September 3rd. from 9:00 am-12:00 pm. Please call the office to make an appointment.

DISASTER PREPAREDNESS COURSE-The American Red Cross will be providing a free disaster preparedness & hands only CPR demonstration on Monday, September 22nd from 10:00-11:00 am. This will entail hurricane safety, winter storm preparedness, tornado safety, earthquake readiness, domestic fire preparedness, wildfire safety, power outage readiness, creating a "get up & go bag" and much more. Please call the front office at 732-390-7058 to register.

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