



The Borough of Sayreville

ACTIVE ADULT CENTER

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

JUNE 1, 2024 – JUNE 30, 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	Will resume in September
BILLARDS	Wednesdays	6:00 PM
BOOK CLUB	2 nd Thursday 6/13	10:00
CROCHET/KNITTING	1 st & 3 rd Wednesday 6/5 & 6/19	1:00-3:00 PM
SCRABBLE	Tuesdays	1:30-3:30
STRENGTH TRAINING	Tuesday "No Availability Class is full"	11:00-12:00
BALANCE/STABILITY	Thursday "No Availability Class is full"	
FIT FOR LIFE	Wednesdays (Class is full)	10:30-11:15
COMPUTER LAB:	DAILY	8:30 - 3:30
COMMISSION ON AGING MEETING:	No June Meeting	*****
"PLANNER'S" MTG"	No June Meeting	*****

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

	<u>CLUB DATES</u>		
JUNE	11 th	12:00	TUESDAY CLUB
JUNE	13 th	11:30	THURSDAY CLUB "Anniversary Party"
JUNE	18 th	11:30	ST. STAN'S CLUB

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Monday, May 27th to observe Memorial Day.

MAY BUS TRIP-WAITING LIST ONLY

JUNE BUS TRIP-we will be going to the new Shoprite/Target and the Super Walmart on Rte 18 on Thursday, June 20th. We will also be stopping for lunch. Please call 732-390-7058 to sign up.

RESIDENTIAL SAFETY/MAINTENANCE GRANT – If you or someone you know is in need of minor safety repairs to your home to ensure your safety, please let us know. (*Repairs such as: Grab bars, handheld shower heads, railings, installation of smoke or carbon monoxide detectors, fire extinguishers etc...*) 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.

IRISH MUSIC- The Middlesex County Department of Arts & History will offer the sounds of Irish Music with "The Round House Band" on Friday, May 10th at 11:00 am. Call 732-390-7058 to register!

SKIN CARE SCREENING-St. Peter's University Hospital will be offering a skin care screening on Thursday, May 16th from 9 am -12 pm. Call 732-390-7058 to sign up. Limited space available.

VETERANS CARE SERVICES- Veterans Care Services will host a seminar on veteran benefits on Friday, May 17th at 11:00 am. If you are a wartime veteran or surviving spouse, you're entitled to get lifetime benefits from the VA. Out of 19,162,515 veterans in the USA, less than 5% are getting benefits. Come to this informative seminar to determine if you qualify. To register, please call 732-390-7058.

OUR ANNUAL SENIOR CITIZEN DAY CELEBRATION-As you know we celebrate "Older American's Month" in May with our own celebration - our Annual Senior Citizens Day! Senior Day will be celebrated on Wednesday, May 22nd from 11:30-3:30. Be sure to know your selection of chicken or fish at the time you purchase your tickets. Tickets cost \$10 pp (CASH ONLY), which includes music, dancing, lunch & of course prizes. Tables may be reserved ONLY if the ENTIRE table is paid for at one time. This is open to Sayreville Residents Only and tickets are non-refundable. Tickets are on sale now!

90'S BIRTHDAY BASH CELEBRATION & LUNCHEON- will be at in Old Bridge on Friday, May 24th from 11:00 a.m.-1:00 p.m. This celebration sponsored by The Middlesex County Office on Aging is open to seniors age 90 & over. The celebrating senior may also bring a guest. Call 732-390-7058 to sign up

LIFE LINE SCREENING- Life Line Screening will host their affordable, non-invasive painless health screenings on Thursday, June 20th 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!!!

DIABETIC FOOT SCREENING- Dr. Dr. Steven Wells DPM, PhD of Foot Ankle & Leg care will be here on Friday, June 28th. He will talk about raising awareness about foot health, particularly among older adults, A complimentary foot screening along with a diabetic complementary foot screening will be offered along with an education session. This session would provide valuable information on foot care to everyone, common foot conditions, and the importance of regular foot screenings for individuals especially those who are affected by diabetes. Call 732-390-7058 to sign up!

INDEPENDENCE DAY SOCIAL - The Commission on Aging will host an Independence Day Social on Friday, July 5th at 12:00 pm. There will be pizza and music. NO RESERVED TABLES. Call the front office at 732-390-7058 to make a reservation & if you need transportation to this event.

SENIOR MEDICARE PATROL-Mr. Joel Schneider, SMP outreach specialist, will host a Medicare/Medicaid fraud, waste and abuse program on Tuesday, July 23rd at 10:30 am. Don't be a victim! Become educated on how to protect yourself! Call 732-390-7058 to sign up!

BOOK LOVERS- Our monthly book club which meets on the second Thursday of the month is looking for new members. If you have an avid love of reading and would like to join please call the senior center at 732-390-7058 to sign up!

ART CANVAS CLASS-There will be no class for the months of June, July and August. Classes will resume on Tuesday, September 3rd at 10:00 am.

KNITTING/CROCHET CLUB-There will be no knitting/crochet club for the months of July and August. Classes will resume on September 4th.

BOMBERS BEYOND-The Bombers Beyond is a group of high school students who would love to give back to the community by doing some light weeding (In the spring) or do a shopping trip for our seniors. This would be done on a first come first serve basis! Please call the front office at 732-390-7058 for further information.

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 1-800-221-3520 to reserve & cancel

MCAT SERVICES

Call 1-800-221-3520



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BILLARDS	Wednesdays	6:00 PM
BOOK CLUB	2 nd Thursday 7/11	10:00
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	<u>CLUB DATES</u>	
JULY	9 th 12:00	TUESDAY CLUB
JULY	11 th 11:30	THURSDAY CLUB
JULY	16 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, seniors and Elected Officials who donated wonderful prizes!

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

JUNE BUS TRIP-will be to the new Shoprite/Target and the Super Walmart on Rte. 18 on Thursday, June 20th. We will also be stopping for lunch. Please call 732-390-7058 to sign up. (Waiting List only.)

JULY BUS TRIP-will be to the Columbus Flea Market on Thursday, July 25th. 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.

ARTS & CRAFTS CLASS- We would like to welcome Ms. Lisa Scaturro, an art teacher who will be offering an Arts & Crafts project monthly. The class will take place on the 3rd Monday of every month at 10:00 am. The June project will be a seashell craft and will take place on Monday, June 17th at 10:00 am. The project for July will be a clothespin craft and will take place on Monday, July 15th at 10:00 am. In order to offer the class to all our seniors, you may only sign up for one class. The list will be rotated monthly to ensure everyone has a chance to participate. Call 732-390-7058 to sign up.

VISION SCREENING- The Commission for The Blind will be offering a screening for distance, visual acuity & glaucoma. Based on the results of the screening, the screener will also provide follow-up resources for those that are under-insured or have no vision insurance as well as a resource for free eye glasses to those who are eligible. Also, if eligible for other CBVI services, we will register them on site. If the individuals have insurance, they will be asked to go to their doctor for further follow up. The screening will take place on Monday, August 26th from 10:00-11:30 am. Call 732-390-7058 to sign up!

LIFE LINE SCREENING- Life Line Screening will host their affordable, non-invasive painless health screenings on Thursday, June 20th 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!!!

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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 28th at 1:00 pm. Pre-registration is required! Please call the office 732-390-7058 if you would like to attend.

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THE STAFF OF THE OFFICE ON AGING-would like to take this opportunity to wish you all a happy, safe, healthy and relaxing summer.

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