



The Borough of Sayreville

ACTIVE ADULT CENTER

423 Main Street • Sayreville, NJ 08872

Tel. 732-390-7058 • Fax 732-390-2123

JUNE 1st – JUNE 30th 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, 6/2	10:00 AM
ARTS & CRAFTS	Monday 6/15	11:00 AM
BILLIARDS	Thursdays	2:00-4:00 PM
BOOK CLUB	2 nd Thursday 6/11 (Waiting List)	10:00 AM
CHAIR YOGA	Mondays Thursdays	10:00 AM 9:30 AM
CROCHET/KNITTING	1 st & 3 rd Wednesday 6/3 & 6/17	1:00-3:00 PM
SCRABBLE	Tuesdays	1:30-3:30 PM
STRENGTH TRAINING BALANCE/STABILITY	Tuesdays (Waiting List) Thursdays	11:00-12:00 PM
FIT FOR LIFE	Wednesdays (Waiting List)	10:30-11:15
COMPUTER LAB:	DAILY	8:30 - 3:30
COMMISSION ON AGING MEETING:	No June Meeting	*****
“PLANNER’S” MTG”	No June Meeting	*****

CLUB DATES

JUNE	9 th	12:00	TUESDAY CLUB “BBQ”
JUNE	11 th	11:30	THURSDAY CLUB “Anniversary Party”
JUNE	16 th	11:30	ST. STAN’S CLUB

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

JUNE BUS TRIP-we will be going to the PNC Arts Center on Thursday, June 11th to see a Neil Diamond and Motown Tribute. Space is limited. Call 732-390-7058 to reserve your spot!

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. This class is for **new participants only!** Call 732-390-7058 to sign up!

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.

BONE HEALTH & FRACTURE RECOVERY-RWJ Barnabas Health will present a health talk on bone health & fracture recovery. Join this brief presentation to listen to healthcare providers talk about bone health and fracture recovery as you age. The presentation will take place on Monday, May 11th from 1:00 pm-2:00 pm. Call the front office at 732-390-7058 to register.

SKIN CANCER SCREENING- St. Peter's Hospital will be offering a free skin care screening on Thursday, May 14th from 9:00 am-12:00 pm. Call the office at 732-390-7058 to make an appointment.

FLOWER WORKSHOP- The Venetian Care & Rehabilitation Center will host a Flower Arrangement workshop on Friday May 15th at 10 am. Welcome spring with flowers with a fun floral workshop. Refreshments & snacks will be provided. Call 732-390-7058 to sign up!

LIFE LINE SCREEENING- Life Line Screening will host their affordable, non-invasive painless health screenings on Monday, May 18th 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!

GAME DAY-Homewatch Caregivers is hosting a game day on Thursday, May 21st at 10:00 am. A morning of fun, games, refreshments and prizes. Call the front office at 732-390-7058.

MOVE TO GET FIT-Middlesex County will host a free health presentation on Friday, May 22nd from 10:00 am-11:30 am. Learn to live a healthier, more independent life. Join this presentation on physical activity to help you get fit and learn health benefits, guidelines and more. Call 732-390-7058 to sign up!

90'S BIRTHDAY BASH CELEBRATION & LUNCHEON- will be held in Old Bridge on Friday, May 22nd 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 senior may also bring a guest. Call 732-390-7058 to sign up!

ACUPUNCTURE & WELLNESS PRESENTATION- Old Bridge Acupuncture & Wellness will host a presentation on Wednesday, June 3rd at 1:00 pm. If you're dealing with aching knees, chronic back pain, or the lingering effects of a stroke, Dr. Gregory Carey has spent nearly two decades helping patients get real, lasting relief without relying solely on medication. He specializes in conditions that affect seniors such as arthritis, neuropathy, sciatica, balance issues, and even tremors. Using techniques like Scalp Acupuncture, which has shown remarkable results for neurological recovery. Whether you're looking to move more freely, sleep better, or just feel like yourself again, sign up for this event. After the presentation, Dr. Carey will lead a short demonstration of Daoyin/Qigong, an ancient Chinese form of exercise combining physical movements, mental focus, and breathing. Light refreshments will be served! 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!

ARTS & CRATS CLASS-will be on Monday, July 15th at 11:00 am. We will be making a clamshell painting magnet. Call the front office at 732-390-7058 to sign up!

WILLS & ESTATE PROGRAM- Kenneth Verammen 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.

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.



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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	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

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<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!

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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!

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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