



The Borough of Sayreville

ACTIVE ADULT CENTER

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

JUNE 1, 2025 – JUNE 30, 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 6/9	11:00
BILLARDS	Wednesdays	6:00 PM
BOOK CLUB	2 nd Thursday 6/12	10:00
CHAIR YOGA	Mondays (Waiting List)	10:00
CROCHET/KNITTING	1 st & 3 rd Wednesday 6/4 & 6/18	1:00-3:00
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 June Meeting	2:00 PM
“PLANNER’S” MTG”	No June 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

JUNE	10 th	12:00	TUESDAY CLUB
JUNE	12 th	11:30	THURSDAY CLUB “Anniversary Lunch”
JUNE	17 th	11:30	ST. STAN’S CLUB

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Monday, May 26 to observe Memorial Day.

ARTS & CRAFTS CLASS- will take place on Monday, June 9th at 11:00 am. The class will be painting a small vase. Call 732-390-7058 to reserve your spot!

IRISH MUSIC-The Arts Institute of Middlesex County will be presenting Irish Music with Brian Szura & Charlie on Friday, May 16th at 11:00am. Come & hear the sounds of Irish music!! Please call 732-390-7058 to reserve your spot.

90’S BIRTHDAY BASH CELEBRATION & LUNCHEON- will be held in Old Bridge on Friday, May 23rd 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!

SKIN CANCER SCREENING- St. Peter’s Hospital will be offering a free skin care screening on Monday June 9th from 9:00 am-12:00 pm. Please call the office to make an appointment.

MEDICATION SAFETY & FALL PREVENTION- DATE CHANGE-Robert Wood Johnson Community Health Education will host a workshop on medication safety and fall prevention for seniors on **Monday, June 9th from 10:30-12 pm.** Please sign up at the front desk or call 732-390-7058.

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 and how it can help with healthy aging. We will review the types of exercise and 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!!!

INDEPENDENCE DAY SOCIAL - The Commission on Aging will host an Independence Day Social on Monday, July 7th 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.

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!

AROUND THE TOWN BUS TRANSPORTATION-Please be aware that we will have limited “Around the Town Bus Service”, effective May 5th. 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.

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 1800-221-3520 to reserve/cancel

RIDE SERVICES

Call 1-800-221-3520



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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.

<u>CLUB DATES</u>			
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

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