



# 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

<b>NUTRITION CENTER:</b>	DAILY	8:30-2:00 PM
<b>AEROBICS</b>	Mondays, Wednesdays & Fridays	9:00 - 10:00
<b>AGILITY &amp; BALANCE</b>	Fridays (Waiting list)	11:00
<b>ART CANVAS</b>	1 <sup>st</sup> Tuesday	Will resume in September
<b>BILLARDS</b>	Wednesdays	6:00 PM
<b>BOOK CLUB</b>	2 <sup>nd</sup> Thursday 6/13	10:00
<b>CROCHET/KNITTING</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 6/5 & 6/19	1:00-3:00 PM
<b>SCRABBLE</b>	Tuesdays	1:30-3:30
<b>STRENGTH TRAINING</b>	Tuesday “No Availability Class is full”	11:00-12:00
<b>BALANCE/STABILITY</b>	Thursday “No Availability Class is full”	
<b>FIT FOR LIFE</b>	Wednesdays (Class is full)	10:30-11:15
<b>COMPUTER LAB:</b>	DAILY	8:30 - 3:30
<b>COMMISSION ON AGING MEETING:</b>	No June Meeting	*****
<b>“PLANNER’S” MTG”</b>	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 <sup>th</sup>	12:00	TUESDAY CLUB
JUNE	13 <sup>th</sup>	11:30	THURSDAY CLUB "Anniversary Party"
JUNE	18 <sup>th</sup>	11:30	ST. STAN'S CLUB

**THE SAYREVILLE SENIOR CENTER WILL BE CLOSED** on Monday, May 27<sup>th</sup> 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 20<sup>th</sup>. 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 10<sup>th</sup> 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 16<sup>th</sup> 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 17<sup>th</sup> 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 22<sup>nd</sup> 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 24<sup>th</sup> 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 SCREEENING**- Life Line Screening will host their affordable, non-invasive painless health screenings on Thursday, June 20<sup>th</sup> 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 28<sup>th</sup>. 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 5<sup>th</sup> 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 23<sup>rd</sup> 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 3<sup>rd</sup> 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 4<sup>th</sup>.

**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** 1<sup>st</sup> Trip 8:00 am 2<sup>nd</sup> 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**