



The Borough of Sayreville

ACTIVE ADULT CENTER

423 Main Street • Sayreville, NJ 08872

Tel. 732-390-7058 • Fax 732-390-2123

MARCH 1st – MARCH 31st 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 3/3 | 10:00 AM |
| ARTS & CRAFTS | 3 rd Monday 3/16 | 11:00 AM |
| BILLARDS | Thursdays | 6:00 PM |
| BOOK CLUB | 2 nd Thursday 3/12 | 10:00 AM |
| CHAIR YOGA | Mondays (Waiting List) | 10:00 AM |
| CROCHET/KNITTING | 1 st & 3 rd Wednesday 3/4 & 3/18 | 1:00-3:00 PM |
| SCRABBLE | Tuesdays | 1:30-3:30 PM |
| STRENGTH TRAINING | Tuesdays | 11:00-12:00 |
| BALANCE/STABILITY | Thursdays | |
| FIT FOR LIFE | Wednesdays (Waiting List) | 10:30-11:15 |
| COMPUTER LAB: | DAILY | 8:30 - 3:30 |
| COMMISSION ON AGING MEETING: | Thursday, 3/19 | 2:00 PM |
| “PLANNER’S” MTG” | No March Meeting | ***** |

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

CLUB DATES

MARCH 10th 12:00 TUESDAY CLUB "St. Patrick's Day"
MARCH 12th 11:30 THURSDAY CLUB
MARCH 17th 11:30 ST. STAN'S CLUB

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Monday, February 16th for Presidents Day.

MARCH BUS TRIP-will take place on Thursday, March 19th. We will be going to the Jersey Gardens Mall. Please call the front office at 732-390-7058 to reserve your spot!

UNITED WAY INCOME TAX PREPARATION- The United Way will be providing free income tax preparation here at our center. The income limitation is \$75,000 for non-seniors, for all filing status. Volunteers will prepare simple returns for seniors over the \$75,000 limit. Drop off your tax documents at our center Monday-Friday 8:30 am-3:30 pm in the drop box located in our lobby. Once your taxes are completed, United Way will contact you to set up a follow up appointment. If you would rather review your tax documents with them in person, they will also be on site every Tuesday morning starting on February 3rd through March 24th from 9:00 am -11:30 pm, by appointment only. Please be aware that all tax returns will not be prepared on site. You will meet briefly with a tax consultant to review your documents and will be contacted once your return is completed. A required intake packet is available at the front office and must be completed for each return. Call 732-390-7058 if you have any questions or to schedule an appointment.

SENIOR MEDICARE PATROL OF NJ- Mr. Joel Schneider from Senior Medicare Patrol will host a presentation on "Do you have the Best Insurance Available?" The presentation will take place on Friday February 13th at 11:00 am. Bring your insurance card with you. Call 732-390-7058 to sign up!

PORTRAITS SOCIAL-Danny McDonnell is hosting a Portraits Social as a way to give back to our Senior Community. There will be light refreshments and pre-recorded music. Each senior can have their portrait taken and receive a QR code and link to retrieve the photo. The social will take place on Friday, February 20th from 10:00 am-12:00 pm. Please call the front desk to register at 732-390-7058.

HEALTH EASE-Middlesex County of Human Services will be hosting a presentation on Monday, February 23rd from 10:00-11:30 to discuss health education. The presentation will address how to live a healthier more independent life and to learn ways to make lifestyle changes to improve your heart health and the importance of preventing heart disease. Call 732-390-7058 to sign up!

HEALTHY EATING ON A BUDGET- Braven Health will host a presentation on healthy eating. They will review and explain the "My Plate Method". The presentation will take place on Wednesday, February 25th at 10:00 am. Please call the front desk at 732-390-7058.

BLOOD DRIVE-South Amboy-Sayreville Rotary will host a community blood drive with the American Red Cross on Monday, March 2nd from 1 pm to 6 pm at the Sayreville Senior Center. Sign up at: <https://www.redcrossblood.org/give.html/find-drive>.

MATTER OF BALANCE- Robert Wood Johnson is offering a 4 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-class commitment and will run consecutively every Tuesday & Thursday from 9:00 am -11:00 am. Classes will begin on Tuesday, March 3rd and will end on March 26th. Attendance is **MANDATORY** for all 8 classes. **NO EXCEPTIONS!!** Space is limited. Call the front desk at 732-390-7058 to sign up!

GETTING BETTER SLEEP-Robert Wood Johnson Community Health will host a presentation on "Getting Better Sleep" on Monday, March 9th from 1:00-2:00 pm. Please call the front desk at 732-390-7058 to pre-register.

ARTS & CRAFTS CLASS-will take place on Monday, March 16th at 11:00 am. The class will be making a glass landscape painting. Call 732-390-7058 to reserve your spot!

FAMILY FEUD- Homewatch CareGivers is back to entertain you! Come and have fun playing Family Feud on Tuesday, March 24th at 10 am. Light refreshments will be served. Please call the front desk to sign up at 732-390-7058.

STRESS MANAGEMENT SEMINAR- Braven Health will host a seminar on Stress Management on Wednesday, March 25th at 10 am. Learn the definition of stress, identify the three different types and understand the consequences of stress. Learn the negative signs and symptoms and effective coping strategies. Call the front desk at 732-390-7058 to register.

SOCIAL SECURITY & RETIREMENT WORKSHOP- Alto Financial Group will host a Social Security & Retirement Workshop on Thursday, March 26th at 10 am. Learn ways to optimize your social security to reduce taxes and hedge for inflation, ways to minimize retirement & estate taxes, financial strategies that could increase your retirement and much more. Please sign up at the front desk or call 732-390-758.

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



The Borough of Sayreville

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APRIL 1st – APRIL 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 | No April Class | ***** |
| ARTS & CRAFTS | 4/20 Monday | 11:00 AM |
| BILLARDS | Thursdays | 6:00 PM |
| BOOK CLUB | 2 nd Thursday 4/9 | 10:00 AM |
| CHAIR YOGA | Mondays (Waiting List) | 10:00 AM |
| CROCHET/KNITTING | 1 st & 3 rd Wednesday 4/1 & 4/15 | 1:00-3:00 PM |
| SCRABBLE | Tuesdays | 1:30-3:30 PM |
| STRENGTH TRAINING | Tuesdays | 11:00-12:00 |
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| COMMISSION ON AGING MEETING: | No April Meeting | ***** |
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CLUB DATES

APRIL 9th 11:30 THURSDAY CLUB
APRIL 14th 12:00 TUESDAY CLUB "*Spring Fling*"
APRIL 21st 11:30 ST. STAN'S CLUB

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Friday, April 3rd to observe Good Friday.

APRIL BUS TRIP-will take place on Thursday, April 16th. We will be going to the Columbus Flea Market. If in high demand, we will add a second trip for April 23rd. Please call the front office at 732-390-7058 to reserve your spot!

UNITED WAY INCOME TAX PREPARATION- The United Way is providing free income tax preparation here at our center. The income limitation is \$75,000 for non-seniors, for all filing status. Volunteers will prepare **simple** returns for seniors over the \$75,000 limit. Drop off your tax documents at our center Monday-Friday 8:30 am-3:30 pm in the drop box located in our lobby. Deadline for dropping off your returns is Friday, April 6th. Once your taxes are completed, United Way will contact you to set up a follow up appointment. A required intake packet is available at the front office and must be completed for each return. Call 732-390-7058 if you have any questions or to schedule an appointment.

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CYBERSECURITY & FINANCIAL SAFETY-Partners Financial Group will host a workshop on Monday, March 30th at 10 am. This workshop is designed to help seniors better understand how to protect themselves and their financial information in today's digital world. Stay safe and learn practical steps to protect your identity and finances. Call 732-390-7058 to register!

USF/HEAP PROGRAM-Representatives from Norwescap Energy Services will be here On Monday, April 6th from 10:00 am to 12:00 pm to help applicants apply for the Low-Income Home Energy Assistance. This assistance will assist in lowering your electric & gas bill and if applicable get a credit for cooling in the summer. To qualify, a single person's income cannot exceed \$4167 a month for HEAP (heating) & for USF (electric). Homeowners can apply for the Weatherization Program which will determine the most appropriate cost-effective, efficiency measures for your home. This will allow households to alleviate their heavy energy burden & experience savings toward becoming self-sufficient. Call 732-390-7058 to sign up!

ART CRAFT -Mobile Family Success Unit of Middlesex County will be here on Friday, April 10th at 10:00 am to make a craft with our seniors. Please call 732-390-7058 to sign up.

CHRONIC STRESS & EFFECTS ON THE BODY-Robert Wood Johnson will host a presentation on chronic stress and how it effects the body on Monday, April 13th from 1:00 pm-2:00 pm. Come and join this informative seminar to lead to better health! Call the front office to sign up at 732-390-7058.

STUMP THE SPEZZI'S-Join the Spezzi Family for an event to address any funeral related questions you may have about planning, traditions, pre-arrangements and anything else you can think. Be prepared when planning funeral arrangements! The event will take place on Wednesday, April 15th from 10:00 am -12:00 pm. Call the front desk at 732-390-7058 to sign up!.

ARTS & CRAFTS CLASS-will take place on Monday, April 20th at 11:00 am. The craft will be making a cross clothespin craft. Call 732-390-7058 to reserve your spot!

INNOVATIVE PHYSICAL THERAPY-will host a brief presentation on Thursday, April 30th at 10 am. They will discuss how they different standards of care & cutting edge techniques that can maximize the body's ability to move, heal & perform at an optimal level. This physical therapy takes a one on one care approach that focuses on patient education not only for treatment but also for prevention. There will be goodies & giveaways. Call 732-390-7058 to sign up!

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