



The Borough of Sayreville

ACTIVE ADULT CENTER

423 Main Street • Sayreville, NJ 08872

Tel. 732-390-7058 • Fax 732-390-2123

MAY 1, 2024 – MAY 31, 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 5/7	10:00
BILLARDS	Tuesdays	
BOOK CLUB	2 nd Thursday 5/9	10:00
CROCHET/KNITTING	1 st & 3 rd Wednesday 5/1 & 5/15	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:	Thursday, 5/16	2:00 PM
"PLANNER'S" MTG"	No May Meeting	*****

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

	<u>CLUB DATES</u>	
MAY	9 th 11:30	THURSDAY CLUB
MAY	14 th 12:00	TUESDAY CLUB
MAY	21 st 11:30	ST. STAN'S CLUB "Anniversary Party"

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

BIRTHDAY BREAKFAST WITH THE MAYOR-newly elected Mayor Kennedy O'Brien is bringing back "Breakfast with the Mayor". The breakfast is scheduled for Thursday, April 18th at 9:30 am. If you are a senior born during the months of January, February, March & April, please call 732-390-7058 to make a reservation by Wednesday, April 10th.

APRIL BUS TRIP -will be on Thursday, April 18th. We will be going to the Woodbridge Mall, Boscovs & Wegmans and we will stop for lunch.

MAY BUS TRIP-we will be attending the afternoon performance of Dominic Scaglione Jr of Broadway's Jersey Boys will be singing the classics by Sinatra, Dean Martin, Four Seasons & Dion with comedian John Pizzi at the PNC Arts Center on Monday, May 20th. Space is limited. Call 732-390-7058 to reserve your spot!

FINAL EXPENSE PREPARATION- Lincoln Heritage, a final expense insurance company will be here on Tuesday, April 3rd at 10:00 am. They will discuss various final expense insurance programs that will help families save money on funeral costs and how to manage emotional support during difficult times. Refreshments will be provided. Please call the front office to register at 732-390-7058.

STRESS AWARENESS-Spring Creek Health Care will hold a presentation on stress awareness on April 25th at 10:00 am. Dr. Jorge Gonzalez will talk about stress and how to manage it. A little treat will be provided at the end of the class. Please call 732-390-7058 to register!

PAPER SHRED- NEW LOCATION- This mobile paper shredding event will take place on Saturday, April 27th at Fort Grumpy from 9:00 am-12:00 pm or until the shredding truck is filled. Call the Recycling Department at 732-390-7008 for further information.

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.

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. Catering from Tastefully British will serve Fish/Chicken with chips. Be sure to know your selection of chicken or fish at the time you purchase your tickets. Tickets cost \$10 (CASH ONLY) pp, which includes music, dancing, lunch & of course prizes. Tables may be reserved ONLY if the ENTIRE table is paid for at one time. Reserved tables will be selected on a first come-first serve basis. We will attempt to accommodate requests however will not guarantee placement. Please be aware that although you may not have a table of 8 but would like to request seating with another person, please make every effort to purchase your tickets at the same time. We will not guarantee your seating request if your tickets are purchased at different times. This is open to Sayreville Residents Only and tickets are non-refundable. Tickets go on sale on Monday, April 1st.

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

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!

ART CANVAS CLASS-There will be no class for the months of June, July and August. Classes will resume in September.

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!

KNITTING/CROCHET CLUB-Our knitting and crochet club is looking for donations of yarn. If you have any spare yarn, please consider donating to this wonderful club. They make hats, scarves, baby hats, and lap blankets for hospitals and nursing homes.

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