



The Borough of Sayreville

ACTIVE ADULT CENTER

423 Main Street • Sayreville, NJ 08872

Tel. 732-390-7058 • Fax 732-390-2123

MAY 1st – MAY 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	No May Class	*****
ARTS & CRAFTS	5/18 Monday	11:00 AM
BILLARDS	Thursdays	2:00-4:00 PM
BOOK CLUB	2 nd Thursday 5/14 (Waiting List)	10:00 AM
CHAIR YOGA	Mondays (Waiting List)	10:00 AM
CROCHET/KNITTING	1 st & 3 rd Wednesday 5/6 & 5/20	1:00-3:00 PM
SCRABBLE	Tuesdays	1:30-3:30 PM
STRENGTH TRAINING	Tuesdays (Waiting List)	11:00-12:00 PM
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 5/21	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!

CLUB DATES

MAY 12th 12:00 TUESDAY CLUB
MAY 14th 11:30 THURSDAY CLUB
MAY 19th 11:30 ST. STAN'S CLUB "Anniversary Party"

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Monday, May 25th to observe Memorial Day.

MAY BUS TRIP-we will be going to the Cracker Barrel on Thursday May 21st or May 28th For those of you that have not yet had the opportunity to go on this trip in the past, will have 1st preference in signing up. All others will be placed on a waiting list depending on space availability. Since we are going on two dates you will be scheduled for either of those dates & will not be able to choose which date you want Dates are selected based on which part of town you live. Call 732-390-7058 to reserve your spot!

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.

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. 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. 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!

INNOVATIVE PHYSICAL THERAPY-will host a brief presentation on Thursday, April 30th at 10 am to discuss 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!

FOREVER YOUNG SOCIAL-Award Home Care will be hosting an uplifting event on Friday, May 1st at 10:00 am. This event is designed to celebrate joy, creativity, & the best of life. Classic songs fill the room while you dance, socialize with others, & share what you love most. Your story will then be transformed into imaginative portraits showing you in your element—doing what you love. The portraits will be printed & given to each attendee which can then be framed, mailed or given out to loved ones. Light refreshments will be served. Pre-registration is required by calling 732-390-7058.

BRAIN HEALTH-The Alzheimer's Association will host a brief presentation on Monday, May 4th from 10:00 am -10:30 am to discuss how to build brain healthy habits that can help you live well now while supporting your memory function. Call 732-390-7058 to sign up!

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. Please 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!

ARTS & CRAFTS CLASS -will take place on Monday, May 18th at 11:00 am. The craft will be making a flower trivet. Call 732-390-7058 to reserve your spot!

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!

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 20th from 11:30-3:00. 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 Wednesday April 8th at 9:00 am.

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!



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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
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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

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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!

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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 Vercammen 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.