The Borough of Sayreville

ACTIVE ADULT CENTER

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

NOVEMBER 1st -NOVEMBER 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 AM
AGILITY & BALANCE	Fridays (Waiting List)	11:00 AM
ART CANVAS	Tuesday (Quarterly)	No Class until 12/1
ARTS & CRAFTS	4th Tuesday 11/24	10:00 AM
BILLARDS	Thursdays	2:00 PM
BOOK CLUB	2nd Thursday 11/12	10:00 AM
CHAIR YOGA	Mondays (Waiting List) Thursdays	10:00 AM 9:30 AM
CROCHET/KNITTING	1st & 3rd Wednesday 11/4 & 11/18	1:00-3:00 PM
SCRABBLE	Tuesdays	1:00-3:00 PM
STRENGTH TRAINING BALANCE/STABILITY	Tuesdays & Thursdays (Waiting List)	11:00-12:00 PM
FIT FOR LIFE	Wednesdays (Waiting List)	10:30-11:15 AM
COMPUTER LAB:	DAILY	8:30 - 3:30 PM
COMMISSION ON AGING MEETING:	Thursday 11/19	2:00 PM
"PLANNER'S" MTG	No November Meeting	*********

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

CLUB DATES

NOVEMBER 10th 12:00 TUESDAY CLUB
NOVEMBER 12th 11:30 THURSDAY CLUB
NOVEMBER 17th 11:30 ST. STAN'S CLUB

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on **Monday, October 12th** in observance of Columbus Day, **Wednesday, November 11th** in observance of Veterans Day as well as **Thursday, November 26th & Friday, November 27th** in observance of Thanksgiving.

NOVEMBER BUS TRIP - Enjoy the beautiful fall season with a trip to **Delicious Orchards** on **Thursday, November 5th and on Thursday, November 19th**. We will also visit **Aberdeen Square Mall**, where we will stop for lunch at the diner & enjoy some additional shopping at **Livotti's**, & the **Dollar Tree**!! Call 732-390-7058 to register.

HALLOWEEN PARTY- Our **Annual Halloween Party** will take place on **Wednesday, October 21st, PM**. Tickets are on sale & cost $10.00 (**CASH ONLY**). This includes lunch, music, dancing, costume contest & door prizes. Choose from Chicken, Fish, Vegetarian or French fries when purchasing your ticket. Tables may be reserved **ONLY** when the **ENTIRE** table has been paid for at the same time. We will do our best to accommodate seating requests; however, seating cannot be guaranteed. If you want to sit with a friend, you MUST buy tickets at the same time. Open to **SAYREVILLE SENIORS ONLY!!!**

FLU SHOTS - Middlesex County Health Department will be administering the seasonal flu vaccine here on **Thursday, October 22nd from 10:00 -11:00 AM**. There is **no cost** for the flu shot. You may register online at https://dispenseassist.co.middlesex.nj.us/flu.html or by paper application at the time of the event. Please call 732-390-7058 for further information.

VACCINE CLINIC – Georgies Parlin Pharmacy will be at the center on **Monday, November 2nd from 10:00 -12:00 PM. Appointments are required**. The following vaccines will be available; Influenza, Covid-19, Pneumonia & RSV. To schedule an appointment please call 732-390-7058.

LIHEAP/USF - Representatives from **NOREWESCAP** will be here on **Monday, November 9th from 10:00 AM to 12:00 PM** to help process applications for the **Low-Income Home Energy Assistance (LIHEAP)** and **Universal Service Fund (USF)** programs. These programs may help eligible households **reduce their electric and gas bills** and, when applicable, provide assistance with summer cooling costs. A single person's household income cannot exceed **$4,273** a month to qualify for both HEAP (heating) & USF (electric). Homeowners may also apply for the **Weatherization Program** which identifies cost–effective, and energy-efficient improvements that can be made to your home. The program is designed to help households reduce their energy burden and save money. Annual income cannot exceed **$51,273 for single applicants or $67,049 for a two-person household**. If you think you may qualify, please call 732-390-7058 for application assistance and a list of required documents.

WILLS & ESTATE PROGRAM – Join us on **Wednesday, November 18th at 10:00 AM** for a **Wills & Estate Planning Seminar** presented by **Kenneth Vercammen, Esq**. The seminar will cover: What's new in 2026, the dangers of having 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. Open to the public. Call 732-390-7058 to reserve your spot!

NOVEMBER ARTS & CRAFTS CLASS -Join us on **Tuesday, November 24th at 10:00 AM**. We will be creating a fun **fall-themed craft.** Call 732-390-7058 to reserve your spot!

MEDICARE HEALTH ENROLLMENT SEMINAR-The open enrollment period for any **health or prescription drug changes** runs from **October 15th –December 7th**. **Cristian Romano**, a licensed independent insurance agent, who specializes in all Medicare Advantage/Supplemental plans, will be holding Medicare seminars on the following Fridays**: October 9th, 16th, 23rd and 30th, November 6th, November 13th and November 20th from 11:00 AM-12:00 PM.** If you are **new to Medicare, preparing to retire or losing your employer-sponsored health plan**, information will be provided to help you understand your Medicare options and choices. Additional topics regarding medical coverage will be discussed, followed by a **question-and-answer session**. Call 732-390-7058 for further information. Individual appointments are also available by calling 877-447-2552 or text 917-464-4583.

CHRISTMAS CONCERT - Celebrate the holiday season **with music from the FOG and delicious refreshments**. Join us on **Friday, December 4th from 12:00-2:00 PM**. Please sign up at the front desk or call 732-390-7058.

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 Grace at 732-254-4299**
CLUB MEETINGS: **Cal 1-800-221-3520 to reserve/cancel**
RIDE SERVICES **Call 1-800-221-3520**

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DECEMBER 1st -DECEMBER 31th 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 AM
AGILITY & BALANCE	Fridays (Waiting List)	11:00 AM
ART CANVAS	Tuesday 12/1	10:00 AM
ARTS & CRAFTS	4th Tuesday 12/22	10:00 AM
BILLARDS	Thursdays	2:00 PM
BOOK CLUB	2nd Thursday 12/10	10:00 AM
CHAIR YOGA	Mondays (Waiting List) Thursdays (Open)	10:00 AM 9:30 AM
CROCHET/KNITTING	1st & 3rd Wednesday 12/2 & 12/16	1:00-3:00 PM
SCRABBLE	Tuesdays	1:00-3:00 PM
STRENGTH TRAINING BALANCE/STABILITY	Tuesdays & Thursdays (Waiting List)	11:00-12:00 PM
FIT FOR LIFE	Wednesdays (Waiting List)	10:30-11:15 AM
COMPUTER LAB:	DAILY	8:30 - 3:30 PM
COMMISSION ON AGING MEETING:	No December Meeting	*********
"PLANNER'S" MTG	No December Meeting	*********

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CLUB DATES

DECEMBER 8th 12:00 TUESDAY CLUB "Holiday Party"
DECEMBER 10th 11:30 THURSDAY CLUB "Christmas Party"
DECEMBER 15th 11:30 ST. STAN'S CLUB "Christmas Party"

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on **Wednesday, November 11th** in observance of Veterans Day as well as **Thursday, November 26th & Friday, November 27th** in observance of Thanksgiving. **Friday, December 25th** for Christmas Day and **Friday, January 1st** for New Year's Day.

BIRTHDAY BREAKFAST WITH THE MAYOR- Join us on **Wednesday, December 9th at 9:30AM** for our Birthday Breakfast with the Mayor! All seniors celebrating birthdays in September, October, November, or December are invited to attend. Reservations are required by **Monday, November 30th.** Please Call 732-390-7058 to register.

SPECIAL THANK YOU- A special thank-you to the kitchen/decorating committee who worked so hard to make our annual Halloween Party a wonderful success!!! We would also like to thank the vendors, seniors and Elected Officials who generously donated prizes and helped make the event so special.

DECEMBER BUS TRIP – Enjoy a day of shopping at popular destinations, including **Boscov's and Wegmans** on **Thursday, December 3rd and on Thursday, December 17th**. We will also be stopping for lunch. Call 732-390-7058 to register.

LIHEAP/USF - Representatives from **NOREWESCAP** will be here on **Monday, November 9th from 10:00 AM to 12:00 PM** to help process applications for the **Low-Income Home Energy Assistance (LIHEAP)** and **Universal Service Fund (USF)** programs. These programs may help eligible households **reduce their electric and gas bills** and, when applicable, provide assistance with summer cooling costs. A single person's household income cannot exceed **$4,273** a month to qualify for both HEAP (heating) & USF (electric). Homeowners may also apply for the **Weatherization Program** which identifies cost–effective, and energy-efficient improvements that can be made to your home. The program is designed to help households reduce their energy burden and save money. Annual income cannot exceed **$51,273 for single applicants or $67,049 for a two-person household**. If you think you may qualify, please call 732-390-7058 for application assistance and a list of required documents.

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NOVEMBER ARTS & CRAFTS CLASS -Join us on **Tuesday, November 24th at 10:00 AM**. We will be creating a fun **fall-themed craft.** Call 732-390-7058 to reserve your spot!

LUNCH & LEARN – **Seaview Orthopaedics** will be hosting a lunch & learn on **Wednesday, December 2nd at 10:00 AM**, featuring one of their Acupuncturists, who will provide information about acupuncture and the potential benefits. Please call 732-390-7058 if you would like to attend.

BLOOD PRESSURE/BLOOD SUGAR SCREENING – **Better Life Pharmacy** will be at the center on **Thursday, December 3rd at 10:00AM,** offering **FREE** blood pressure and blood sugar screenings. To schedule an appointment please call 732-390-7058.

CHRISTMAS CONCERT - Celebrate the holiday season **with music from the FOG and delicious refreshments.** Join us on **Friday, December 4th from 12:00-2:00 PM**. Please sign up at the front desk or call 732-390-7058.

DECEMBER ARTS & CRAFTS CLASS – Join us on **Tuesday, December 22nd at 10:00 AM**. for a fun winter craft! We will be creating a snow globe painting. Call 732-390-7058 to reserve your spot!

MEDICARE HEALTH ENROLLMENT SEMINAR-The open enrollment period for any **health or prescription drug changes** runs from **October 15th –December 7th. Cristian Romano**, a licensed independent insurance agent, who specializes in all Medicare Advantage/Supplemental plans, will be holding Medicare seminars on the following Fridays: **October 9th, 16th, 23rd and 30th, November 6th, November 13th and November 20th from 11:00 AM-12:00 PM.** If you are **new to Medicare, preparing to retire or losing your employer-sponsored health plan**, information will be provided to help you understand your Medicare options and choices. Additional topics regarding medical coverage will be discussed, followed by a **question-and-answer session**. Call 732-390-7058 for further information. Individual appointments are also available by calling 877-447-2552 or text 917-464-4583.

BALLROOM DANCING- Would you be interested in learning to ballroom dance? We are exploring the possibility of offering ballroom dancing classes in the coming year! Ballroom dancing is a fun way to stay active, improve balance and coordination, and enjoy time socializing with others. Depending on the level of interest, we hope to introduce this exciting new activity early in the New Year! Please call 732-390-7058 if interested.

THE STAFF OF THE SAYREVILLE OFFICE ON AGING: Would like to wish everyone a very healthy, happy and safe holiday season!

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