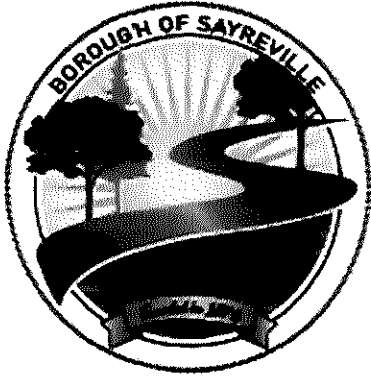




The Borough of Sayreville

ACTIVE ADULT CENTER

423 Main Street • Sayreville, NJ 08872

Tel. 732-390-7058 • Fax 732-390-2123

NOVEMBER 1st -NOVEMBER 30th 2025

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 (Quarterly)	No Class until 12/3
ARTS & CRAFTS	3 rd Monday 11/17	11:00 AM
BILLARDS	Thursdays	6:00 PM
BOOK CLUB	2 nd Thursday 11/13	10:00 AM
CHAIR YOGA	Mondays (Waiting List)	10:00 AM
CROCHET/KNITTING	1 st & 3 rd Wednesday 11/5 & 11/19	1:00-3:00 PM
SCRABBLE	Tuesdays	1:30-3:30 PM
STRENGTH TRAINING	Tuesdays (Waiting List)	11:00-12:00
BALANCE/STABILITY	Thursday (Waiting List)	
FIT FOR LIFE	Wednesdays (Waiting List)	10:30-11:15
COMPUTER LAB:	DAILY	8:30 - 3:30
COMMISSION ON AGING MEETING:	No November Meeting	*****
“PLANNER’S” MTG”	Wednesday 11/5	10:00 AM

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

CLUB DATES

NOVEMBER 12th 12:00 TUESDAY CLUB (*Wednesday Veteran's Day*)

NOVEMBER 13th 11:30 THURSDAY CLUB

NOVEMBER 18th 11:30 ST. STAN'S CLUB

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Monday, October 13th to celebrate Columbus Day, Tuesday, November 11th to observe Veteran's Day as well as Thursday, November 27th & November 28th to celebrate Thanksgiving.

NOVEMBER BUS TRIP- enjoy the fall season with a trip to Delicious Orchards on Thursday, November 20th. We will also be going to the Aberdeen Square Mall to stop for lunch at the diner & to enjoy more shopping at Livotti's, & the Dollar Tree!! Call 732-390-7058 to register.

WALKING CLUB-One of our seniors would like to start a walking club. Keep fit, stay active while socializing!! The club would meet every Friday at Borough Hall at 12 pm. Once the weather changes and if everyone is still interested, we would transition to the East Brunswick Mall. Transportation WILL NOT be provided. Sign up at the front desk if you are interested.

HEALTH FAIR-Hackensack Meridian Health will host a health fair on Tuesday, October 7th from 10:00 am-1:00 pm. They will be providing free screenings for blood pressure, pulse, body mass index, total cholesterol, glucose and stroke risk assessment. (Fasting not required) There will be informational tables, demonstrations, giveaways & refreshments! Call 732-390-7058 to register.

PRAB- HEAP-Representatives from PRAB will be here on Wednesday, October 15th 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 \$3991 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. Income cannot exceed \$30,120 for the year. Call 732-390-7058 to sign up!

HALLOWEEN PARTY-Our Annual Halloween party will take place on Wednesday, October 22nd from 11:30-3:00. Tickets are on sale & cost \$10.00 (**CASH ONLY**). This includes lunch, music, dancing, costume contest & door prizes. Choice of lunch is chicken, fish, vegetarian or french fries must be known when tickets are purchased. Tables may be reserved **ONLY** if the **ENTIRE** table is paid for at one time. We will attempt to accommodate requests, however will not guarantee placement. If you want to sit with a friend, you **MUST** buy tickets at the same time. Open to **SAYREVILLE SENIORS ONLY!!!**

FALL CRAFT-Right at Home of Central NJ will be here on Monday, November 3rd at 10:00 am. Come and make a simple fall craft while they discuss how the right caregiver can bring peace of mind, companionship, and meaningful support, while also understanding the resources available to them. They will also touch on the different ways care can be paid for ; including private pay, Veterans benefits, the CMS Guide Program, and Long-Term Care (LTC) insurance & how these can often be combined to fit a family's needs.

FLU SHOTS- Middlesex County Health Department will be administering the seasonal flu vaccine here on Wednesday, November 5th from 10:00 am-11:00 am. There is no cost for the flu shot. All must obtain consent at <http://dispenseassist.co.middlesex.nj.us/flu.html>. Call 732-745-3100 for further information.

PRICE IS RIGHT-Venetian Care Center will host a "Price is Right" game at our center on Thursday, November 6th at 10 am. Test your shopping skills while having fun. Sign up at the front desk!

ARTS & CRAFTS CLASS-will take place on Monday, November 17th at 11:00 am. The class will be making a "Fall Wood Frame". Call 732-390-7058 to reserve your spot!

FREE HEALTH SCREENINGS-American Preventive Screening & Education will be at our center to promote awareness of diabetes and hypertension by offering free community health screenings and educational resources. Student volunteers are trained to provide basic measurements including blood pressure, blood sugar, BMI & Body Composition, waist composition, grip strength & preventive education. The screening dates are scheduled for Monday, November 10th from 10 am-12 pm and Monday December 29th from 10 am-12:00 pm. Registration is required. Call 732-390-7058 to sign up!

MEDICARE HEALTH ENROLLMENT SEMINAR-The open enrollment period for any health or prescription drug changes is 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 every Friday on the following dates: October 17th, 24th, October 31st, November 7th, November 14th and November 21st from 11:00 am-12:00 pm. If you are new to Medicare, ready to retire or losing your employer plan, information will be given regarding your needs and choices. Other topics regarding medical coverage will be addressed. A question and answer portion will follow. Other insurance options will be available. Call 732-390-7058 for further information. Individual appointments are available by calling 877-447-2552 or text 917-464-4583.

HEALTHY AGING AT HOME- Visiting Physicians will be here to discuss the way clinicians can help with house calls & VNA with home health on Wednesday, November 19th at 10:00 am.

PARLIN RX VACCINES-The Parlin Rx Pharmacy will be offering various vaccines on Friday, November 21st from 9:00 am -11:00 am. They will offer the RSV, Pneumonia, Flu, Pfizer new booster, Moderna new booster, and Shingrix. Call the pharmacy at 732-952-3022 or register at: [Sayreville Senior Center Flu & COVID-19 Vaccine Clinic Registration](#).

CHRISTMAS CONCERT- Celebrate the holiday season with music from the FOG and delicious refreshments. Join us on Friday, December 5th from 12:00-2:00. Please sign up at the front desk or call 732-390-7058.

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 1800-221-3520 to reserve/cancel

RIDE SERVICES

Call 1-800-221-3520

CLUB DATES

DECEMBER 9th 12:00 TUESDAY CLUB (*Holiday Party*)
DECEMBER 11th 11:30 THURSDAY CLUB (*Holiday Dinner*)
DECEMBER 16th 11:30 ST. STAN'S CLUB "Christmas Party"

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Tuesday, November 11th to observe Veteran's Day. Thursday, November 27th & November 28th to celebrate Thanksgiving, Thursday, December 25 for Christmas Day and Thursday, January 1st for New Year's Day.

BIRTHDAY BREAKFAST WITH THE MAYOR-is scheduled for Thursday, December 4th at 9:30 am. All seniors born during the months of September, October, November & December are invited. Call 732-390-7058 to make a reservation no later than Monday, November 24th

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

DECEMBER BUS TRIP- we will be going to the Cracker Barrel Restaurant. Since this is a popular trip we are anticipating running two separate trips. Dates for this trip will be on Thursday, December 4th and Thursday, December 18th. We will inform you of which date you will be scheduled prior to the trip. Please call 732-390-7058 to reserve your spot!

SAYREVILLE TNR CATS-An organization called TNR which stands for Trap, Neuter and Return is an effective approach to control the community cat population. Denise Morgan who runs the organization has trapped and released two cats here at our senior center. To ensure the cats are being fed properly, we are collecting donations of cat food to feed these cats and & other cats that may be caught and released. This organization is strictly funded by donations so please consider donating! There is a donation box set up in our main walkway. Call the front office at 732-390-7058 for further information.

WALKING CLUB- One of our seniors, Kathy Karmazin has started a walking club. The club meets a few times a week to walk at Borough Hall. For further information and details, call Kathy at 732-721-3796. Transportation WILL NOT be provided. Sign up at the front desk if you are interested.

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STRESS MANAGEMENT SEMINAR- The Middlesex County Office of Health Services will offer a presentation on different ways to manage and handle stress. The presentation will take place on Friday, December 12th at 10:00 am. Pre-registration is required. Call 732-390-7058 to sign up!

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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