



# *The Borough of Sayreville*

## **ACTIVE ADULT CENTER**

423 Main Street • Sayreville, NJ 08872

Tel. 732-390-7058 • Fax 732-390-2123

**OCTOBER 1<sup>st</sup> -OCTOBER 31<sup>st</sup> 2025**

### **LIST OF ACTIVITIES**

**8:00 AM-4:00 PM**

<b>NUTRITION CENTER:</b>	DAILY	8:30-2:00 PM
<b>AEROBICS</b>	Mondays, Wednesdays & Fridays	9:00 - 10:00
<b>AGILITY &amp; BALANCE</b>	Fridays (Waiting List)	11:00 AM
<b>ART CANVAS</b>	Tuesday (Quarterly)	No Class until 12/3
<b>ARTS &amp; CRAFTS</b>	3 <sup>rd</sup> Monday 10/20	11:00 AM
<b>BILLARDS</b>	Thursdays	6:00 PM
<b>BOOK CLUB</b>	2 <sup>nd</sup> Thursday 10/09	10:00
<b>CHAIR YOGA</b>	Mondays (Waiting List)	10:00
<b>CROCHET/KNITTING</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 10/1 & 10/15	1:00-3:00
<b>SCRABBLE</b>	Tuesdays	1:30-3:30
<b>STRENGTH TRAINING</b>	Tuesdays (Waiting List)	11:00-12:00
<b>BALANCE/STABILITY</b>	Thursday (Waiting List)	
<b>FIT FOR LIFE</b>	Wednesdays (Waiting List)	10:30-11:15
<b>COMPUTER LAB:</b>	DAILY	8:30 - 3:30
<b>COMMISSION ON AGING MEETING:</b>	No October Meeting	*****
<b>“PLANNER’S” MTG”</b>	No October Meeting	*****

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

CLUB DATES			
OCTOBER	9 <sup>th</sup>	11:30	THURSDAY CLUB
OCTOBER	14 <sup>th</sup>	12:00	TUESDAY CLUB "Octoberfest"
OCTOBER	21 <sup>st</sup>	11:30	ST. STAN'S CLUB

**THE SAYREVILLE SENIOR CENTER WILL BE CLOSED** on Monday, October 13<sup>th</sup> to celebrate Columbus Day.

**SEPTEMBER MONTHLY BUS TRIP**-will take place on Thursday, September 18<sup>th</sup>. Due to a high demand, we have added an additional day, Thursday September 25<sup>th</sup> to accommodate more of our seniors. Our bus will be going to the Marlboro strip mall which has a variety of shopping stores such as Hobby Lobby, TJ Maxx and Kohls. We will also be stopping for lunch. We will be reaching out to you to inform you of which trip you will be scheduled. Call 732-390-7058 for further information.

**OCTOBER MONTHLY BUS TRIP** will be on Saturday, October 4<sup>th</sup> to the Ocean Grove Fall Festival. This is a fun filled day with music, food, sidewalk sales & over 200 crafters. Call 732-390-7058 to reserve your spot! SPACE IS LIMITED!!!

**PRAB- HEAP**-Representatives from PRAB will be here on Wednesday, September 17<sup>th</sup> from 10:00 am to 12:00 pm to help applicants submit forms for the Low-Income Home Energy Assistance. This assistance will assist in lowering your electric and 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). Sign up at the front desk to pre-register or call 732-390-7058. For homeowners, you can apply for the Weatherization Program which will determine the most appropriate cost-effective, efficiency measures for your home. This will allow households to ultimately alleviate their heavy energy burden, and experience savings toward becoming self-sufficient. Income cannot exceed \$30,120 for the year. Please sign up at the front desk or call 732-390-7058.

**DISASTER PREPAREDNESS COURSE**-The American Red Cross will be providing a free disaster preparedness & hands only CPR demonstration on Monday, September 22<sup>nd</sup> from 10:00-11:00 am. This will entail hurricane safety, winter storm preparedness, tornado safety, earthquake readiness, domestic fire preparedness, wildfire safety, power outage readiness and creating a "get up & go bag" and much more. Please call the front office at 732-390-7058 to register.

**MIDDLESEX COUNTY SENIOR HEALTH & FITNESS WALK**- The Middlesex County Office on Aging is sponsoring a Senior Health & Fitness Walk on Wednesday, September 24<sup>th</sup> from 10:00 am – 1:00 pm. The day will be filled with a variety of health screenings, vendors with giveaways & a free boxed lunch. Registration is open and you **MUST** register with the front desk in order to attend!

**LIFE LINE SCREENING**- Life Line Screening will host their affordable health screenings on Thursday, October 2<sup>nd</sup>. 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. Call 1-888-814-0466 to register!

**HEALTH FAIR**-Hackensack Meridian Health will host a health fair on Tuesday, October 7<sup>th</sup> 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.

**ARTS & CRAFTS CLASS**-will take place on Monday, October 20<sup>th</sup> at 11:00 am. The class will be making a "Witches Cauldron". Call 732-390-7058 to reserve your spot!

**HALLOWEEN PARTY**-Our Annual Halloween party will take place on Wednesday, October 22<sup>nd</sup> from 11:30-3:00. Tickets are on sale now & cost \$10.00 (**CASH ONLY**). This will include lunch, music, dancing, costume contest and great 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. This party is open to **SAYREVILLE SENIORS ONLY!!!**

**FLU SHOTS**- The Middlesex County Health Department will be administering the seasonal flu vaccine here on Wednesday, November 5<sup>th</sup> 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

**MEDICARE HEALTH ENROLLMENT SEMINAR**-The open enrollment period for any health or prescription drug changes is from October 15<sup>th</sup> –December 7<sup>th</sup>. 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 17<sup>th</sup>, 24<sup>th</sup>, October 31<sup>st</sup>, November 7<sup>th</sup>, November 14<sup>th</sup> and November 21<sup>st</sup> 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.

**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](mailto:Jbetzler@Sayreville.com).

### **TRANSPORTATION SCHEDULE**

#### **"AROUND THE TOWN" Loop Bus:**

**Mondays, Tuesdays, Wednesdays & Fridays**

**1<sup>st</sup> Trip 8:00 am 2<sup>nd</sup> 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**

**Call 1-800-221-3520**



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<b>BILLARDS</b>	Thursdays	6:00 PM
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<b>CHAIR YOGA</b>	Mondays (Waiting List)	10:00 AM
<b>CROCHET/KNITTING</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 11/5 & 11/19	1:00-3:00 PM
<b>SCRABBLE</b>	Tuesdays	1:30-3:30 PM
<b>STRENGTH TRAINING</b>	Tuesdays (Waiting List)	11:00-12:00
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<b>“PLANNER’S” MTG”</b>	Wednesday 11/5	10:00 AM

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#### CLUB DATES

NOVEMBER 12<sup>th</sup> 12:00 TUESDAY CLUB (*Wednesday Veteran's Day*)  
NOVEMBER 13<sup>th</sup> 11:30 THURSDAY CLUB  
NOVEMBER 18<sup>th</sup> 11:30 ST. STAN'S CLUB

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

**NOVEMBER BUS TRIP-** enjoy the fall season with a trip to Delicious Orchards on Thursday, November 20<sup>th</sup>. 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 7<sup>th</sup> 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.

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**FALL CRAFT-**Right at Home of Central NJ will be here on Monday, November 3<sup>rd</sup> 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 5<sup>th</sup> 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 6<sup>th</sup> 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 17<sup>th</sup> 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 10<sup>th</sup> from 10 am-12 pm and Monday December 29<sup>th</sup> from 10 am-12:00 pm. Registration is required. Call 732-390-7058 to sign up!

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**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 19<sup>th</sup> at 10:00 am.

**PARLIN RX VACCINES-**The Parlin Rx Pharmacy will be offering various vaccines on Friday, November 21<sup>st</sup> 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 5<sup>th</sup> from 12:00-2:00. Please sign up at the front desk or call 732-390-7058.

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