



The Borough of Sayreville

ACTIVE ADULT CENTER

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

AUGUST 1, 2024 – AUGUST 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	NO AUGUST CLASS	*****
ARTS & CRAFTS	3 RD Monday 8/19	10:00
BILLARDS	Wednesdays	6:00 PM
BOOK CLUB	2 nd Thursday 8/8	10:00
CROCHET/KNITTING	NO AUGUST CLASS	*****
SCRABBLE	Tuesdays	1:30-3:30
STRENGTH TRAINING	Tuesday 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 August Meeting	*****
“PLANNER’S” MTG”	Thursday 8/29	10:00

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

	<u>CLUB DATES</u>	
AUGUST	8 th 11:30	THURSDAY CLUB
AUGUST	13 th 12:00	TUESDAY CLUB
AUGUST	20 th 11:30	ST. STAN'S CLUB

JULY BUS TRIP-FILLED

AUGUST BUS TRIP-we will be taking a trip to the Cracker Barrel Restaurant in Hamilton Township on Thursday, August 15th.

BIRTHDAY BREAKFAST WITH THE MAYOR- TBA If you are a senior born during the months of May, June, July & August, please call 732-390-7058 to make a reservation.

HORSE PROJECT- The Mobile Family Success Unit will be hosting an Arts & Craft Project on Wednesday, July 17th at 10:00am in the Arts & Crafts room. All attendees will get to design a horse and cut it out to take home in celebration of Horse Day. Call the front desk at 732-390-7058 to register.

ARTS & CRAFTS CLASS- We would like to welcome Ms. Lisa Scaturro, an art teacher who will be offering an Arts & Crafts project monthly. The class will take place on the 3rd Monday of every month at 10:00 am. The July project will be a clothespin craft and will take place on Monday, July 15th at 10:00 am. The August craft will take place on Monday, August 19th at 10:00 am for a Popsicle Stick Craft. Pre-registration is required by calling the front desk at 732-390-7058. **DROP INS ARE NOT ALLOWED!!!**

RESIDENTIAL SAFETY/MAINTENANCE GRANT – If you or someone you know needs minor safety repairs to your home to ensure your safety, please let us know. (*Repairs such as: Grab bars, handheld shower heads, railings, installation of smoke or carbon monoxide detectors, fire extinguishers etc....*) This **FREE** Program is being offered through the Residential Safety/Maintenance 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.

VISION SCREENING- The Commission for The Blind will be offering a screening for distance, visual acuity & glaucoma. Based on the results of the screening, the screener will also provide follow-up resources for those that are under-insured or have no vision insurance as well as a resource for free eye glasses to those who are eligible. Also, if eligible for other CBVI services, we will register them on site. If the individuals have insurance, they will be asked to go to their doctor for further follow up. The screening will take place on Monday, August 26th from 10:00-11:30 am. Call 732-390-7058 to sign up!

SENIOR MEDICARE PATROL-Mr. Joel Schneider, SMP outreach specialist, will host a Medicare/Medicaid fraud, waste and abuse program on Tuesday, July 23rd at 10:30 am. Don't be a victim! Become educated on how to protect yourself! Call 732-390-7058 to sign up!

ICE CREAM SOCIAL-Come and join the fun at our ice cream buffet served by Fajji's!! The social will take place on Wednesday, August 28th at 1:00 pm. Pre-registration is required! Please call the office 732-390-7058 if you would like to attend.

PRE-DIABETES LECTURE-Cindy Andl, a registered RN with Community Outreach will be presenting a lecture on Friday, September 27th at 10:00 am. After the lecture, a wellness screening, glucose/cholesterol, blood pressure, pulse BMI & stroke assessment will be available. Please sign up at the front desk or call 732-390-7058.

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!

ART CANVAS CLASS-There will be no class for the month of August. Classes will resume on Tuesday, September 3rd at 10:00 am.

KNITTING/CROCHET CLUB-There will be no knitting/crochet club for the month of August. Classes will resume on Wednesday, September 4th.

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 .

THE STAFF OF THE OFFICE ON AGING-would like to take this opportunity to wish you all a happy, safe, healthy and relaxing summer.

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



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SEPTEMBER 1, 2024 – SEPTEMBER 30, 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 9/3	10:00
ARTS & CRAFTS	3 rd Monday 9/16	10:00
BILLARDS	Wednesdays	6:00 PM
BOOK CLUB	2 nd Thursday 9/12	10:00
CROCHET/KNITTING	1 st & 3 rd Wednesdays 9/4 & 9/18	1:00-3:00
SCRABBLE	Tuesdays	1:30-3:30
STRENGTH TRAINING	Tuesday 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:	Thursday 9/19	2:00 PM
“PLANNER’S” MTG”	No September Meeting	*****

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	<u>CLUB DATES</u>	
SEPTEMBER	10 th 12:00	TUESDAY CLUB
SEPTEMBER	12 th 11:30	THURSDAY CLUB
SEPTEMBER	17 th 11:30	ST. STAN'S CLUB

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Monday, September 2nd to celebrate Labor Day.

SEPTEMBER BUS TRIP-will be on Tuesday, September 24th to the PNC Arts Center to see "Arrival from Sweden", the music of Abba. Space is limited. Please call 732-390-7058 to register.

OCTOBER BUS TRIP- will be on Saturday, October 5th. We will be going to the Ocean Grove Fall Festival. Space is limited. Please call 732-390-7058 to reserve your spot.

BIRTHDAY BREAKFAST WITH THE MAYOR-will take place on Wednesday, August 14th at 9:30 am for seniors born during the months of May, June, July & August. Call 732-390-7058 to make a reservation.

ARTS & CRAFTS CLASS- The class will take place on the 3rd Monday of every month at 10:00 am. The August craft will take place on Monday, August 19th at 10:00 am for a Popsicle Stick Craft. The September 19th class will be a tea-light project. Pre-registration is required by calling the front desk at 732-390-7058. **DROP INS ARE NOT ALLOWED!!!**

VISION SCREENING- The Commission for The Blind will be offering a screening for distance, visual acuity & glaucoma. Based on the results of the screening, the screener will also provide follow-up resources for those that are under-insured or have no vision insurance as well as a resource for free eye glasses to those who are eligible. Also, if eligible for other CBVI services, we will register them on site. If the individuals have insurance, they will be asked to go to their doctor for further follow up. The screening will take place on Monday, August 26th from 10:00-11:30 am. Call 732-390-7058 to sign up!

ICE CREAM SOCIAL-Come and join the fun at our ice cream buffet served by Fajji's!! The social will take place on Wednesday, August 28th at 1:00 pm. Pre-registration is required! Please call the office 732-390-7058 if you would like to attend.

GRANDPARENTS DAY- The Commission on Aging, is sponsoring Grandparent's Day on Monday, September 9th from 12:00-2:00. Honoring all grandparents with a hot dog lunch which includes chips and an ice cream cup. Call 732-390-7058 to sign up!

MIDDLESEX COUNTY SENIOR HEALTH & FITNESS WALK- The Middlesex County Office on Aging is sponsoring a Senior Health & Fitness Walk on Wednesday, September 25th from 10:00 am – 1:00 pm. This is a day of fun filled day with a variety of health screenings, vendors with giveaways, & a free boxed lunch. You **MUST** sign up at the front desk to register!

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HEART DISEASE LECTURE- Hackensack Meridian Health will be offering a heart disease lecture on Friday, October 11th at 10:00 am. Risk factors for heart disease along with helpful tips to stay healthy will be discussed. Please call 732-390-7058 to register.

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 18th, 25th, November 1st, 8th, 15th, 22nd 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.01

KNITTING/CROCHETING CLASS- is looking for donations of yarn/wool. Please feel free to drop off any donation Monday-Friday 8 am – 4 pm. Classes will resume on September 4th.

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!

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