



The Borough of Sayreville

ACTIVE ADULT CENTER

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

FEBRUARY 1, 2025 – FEBRUARY 28, 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
ART CANVAS	1 st Tuesday 2/04	10:00
ARTS & CRAFTS	2 nd Monday 2/10	11:00
BILLARDS	Wednesdays	6:00 PM
BOOK CLUB	2 nd Thursday 2/13	10:00
CHAIR YOGA	Mondays	10:00
CROCHET/KNITTING	1 st & 2 rd Wednesday 2/5 & 2/19	1:00-3:00
SCRABBLE	Tuesdays	1:30-3:30
STRENGTH TRAINING BALANCE/STABILITY	Tuesday (Waiting List) Thursday (Waiting List)	11:00-12:00
FIT FOR LIFE	Wednesdays (Waiting List)	10:30-11:15
COMPUTER LAB:	DAILY	8:30 - 3:30
COMMISSION ON AGING MEETING:	No Meeting	*****
“PLANNER’S” MTG”	No Meeting	*****

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

CLUB DATES

FEBRUARY	11th	12:00	TUESDAY CLUB
FEBRUARY	13th	11:30	THURSDAY CLUB
FEBRUARY	18th	11:30	ST. STAN'S CLUB

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Monday, January 20th for M.L. King Day and on Monday, February 17th for Presidents Day.

FEBRUARY BUS TRIP-will be on Thursday, February 20th. We are going to North Brunswick Shopping Center, which includes Marshalls, & Burlington Coat Factory Waiting List Only!

MARCH BUS TRIP-is scheduled for Thursday, March 20th. We will be going to Jersey Gardens Mall. A great shopping place with over 200 stores to shop in! Call 732-390-7058 to sign up!

ARTS & CRAFTS CLASS-will take place on Monday, January 13th (due to M.L. King holiday) at 11:00 am. The class will be painting a Ceramic Heart ornament. February's art class will take place on Monday, February 10th (due to President's Day). We will be making pipe cleaner roses. Pre-registration is required by calling the front desk at 732-390-7058!

BLOOD SUGAR/PRESSURE SCREENING- St. Peters University hospital will be offering a blood pressure and blood sugar screening on Thursday, January 23rd from 10:00 am- 12:00 pm. Pre-registration is required by calling 732-390-7058.

BLOOD DRIVE-South Amboy-Sayreville Rotary will host a community blood drive with the American Red Cross on Monday, January 27th from 1 pm to 6 pm at the Sayreville Senior Center. Sign up at: <https://www.redcrossblood.org/give.html/find-drive>.

UNITED WAY INCOME TAX PREPARATION- The United Way will be providing free income tax preparation on February 4th. The income limitation is \$75,000 for non-seniors, for all filing status. Volunteers will prepare simple returns for seniors over the \$75,000 limit. Drop off your tax documents at our center Monday-Friday 8:30 am-3:30 pm. Once your taxes are completed, United Way will contact you to set up a follow up appointment. The drop box and required intake packet will be in our lobby the first week in February. In addition to the drop off service, United Way will be on site every Tuesday morning starting on February 4th from 9:00 am -12:00 pm for in person appointments. This is also a drop off service! Tax returns will not be prepared on site. You will meet briefly with a tax consultant to review your documents and will be contacted once your return is completed. Call 732-390-7058 to schedule an appointment or if you have any questions.

LIFE LINE SCREEENING- Life Line Screening will host their affordable, non-invasive painless health screenings on Monday, February 24th 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!!!

WILLS & ESTATE PROGRAM- Kenneth Vercammen Esq. Attorney, will be presenting a Wills & Estate seminar on Wednesday, February 26th at 10:00 am. He will be discussing what's new in 2025, 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. Call 732-390-7058 to reserve your spot!

SNOW REMOVAL PROGRAM- Our snow removal program was implemented to provide assistance to residents in need of snow removal. Our office has a list of local residents who can provide this service for a fee (depending on the size of the job). The cost would be agreed upon by both parties before the work would begin. We are also interested in those who have equipment to remove snow and also welcome students willing to provide these services towards fulfilling their community service commitments. If you know of anyone who would be interested or if you are in need of this service, please call the front office at 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 Trish 732-254-4299

CLUB MEETINGS:

Call 1800-221-3520 to reserve/cancel

RIDE SERVICES

Call 1-800-221-3520



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MARCH 1, 2025 – MARCH 31, 2025

LIST OF ACTIVITIES

8:00 AM-4:00 PM

NUTRITION CENTER:	DAILY	8:30-2:00 PM
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AGILITY & BALANCE	Fridays (Waiting list)	11:00
ART CANVAS	1 st Tuesday 3/04	10:00
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FIT FOR LIFE	Wednesdays (Waiting List)	10:30-11:15
COMPUTER LAB:	DAILY	8:30 - 3:30
COMMISSION ON AGING MEETING:	Thursday 3/20	2:00 PM
“PLANNER’S” MTG”	Tuesday 2/25 *No March Meeting*	10:00 AM

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CLUB DATES

MARCH	11 th	12:00	TUESDAY CLUB
MARCH	13 th	11:30	THURSDAY CLUB
MARCH	18 th	11:30	ST. STAN'S CLUB

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Monday, February 17th for Presidents Day.

BIRTHDAY BREAKFAST WITH THE MAYOR-will take place on Wednesday, April 23rd at 9:30 am. If you are a senior born during the months of January, February, March & April, please call 732-390-7058 to make a reservation.

MARCH BUS TRIP-is scheduled for Thursday, March 20th to the Jersey Gardens Mall. A great shopping place with over 200 stores to shop in! Call 732-390-7058 to sign up!

APRIL BUS TRIP-will be going to the Cracker Barrell Restaurant. Since this is a popular trip we are anticipating running two separate trips. The dates for this trip will be on Thursday, April 3rd and Thursday April 24th. 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 FARM MARKET-Sayreville's Weekly Farm Market will be located at our senior center in the main hall for the months of February and March. The market will be open every Wednesday from 12-5pm.

ARTS & CRAFTS CLASS- will take place on Monday, March 10th at 11:00 am. The class will be painting a St. Patrick's Gnome. Call 732-390-7058 to reserve your spot!

COMPUTER ROOM CLOSED- The Computer Room will be closed every Tuesday, beginning on February 4th through April 1st for tax preparation.

UNITED WAY INCOME TAX PREPARATION- The United Way will be providing free income tax preparation beginning on February 4th. The income limitation is \$75,000 for non-seniors, for all filing status. Volunteers will prepare simple returns for seniors over the \$75,000 limit. Drop off your tax documents at our center Monday-Friday 8:30 am-3:30 pm. Once your taxes are completed, United Way will contact you to set up a follow up appointment. The drop box and required intake packet will be in our lobby the first week in February. In addition to the drop off service, United Way will be on site every Tuesday morning starting on February 4th through March 25th from 9:00 am -11:30 pm for in person appointments. This is also a drop off service! Tax returns will not be prepared on site. You will meet briefly with a tax consultant to review your documents and will be contacted once your return is completed. Call 732-390-7058 to schedule an appointment or if you have any questions.

FINANCIAL SCAMS- margFINANCIAL will host a presentation on financial scams. Protect and educate yourself on how not to get scammed. A question and answer portion will follow. The presentation will be held on Thursday, February 20th at 10:00 am. Pre-registration is required. Call 732-390-7058 to sign up!

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STAYING HEALTH PRESENTATION- The Middlesex County Office of Health Services will hold a presentation on the "Basics of Staying Healthy" on Friday, March 14th at 10 am. Join in to discuss common colds, flu, recommended vaccinations, handwashing and more. Please sign up at the front desk if you are interested.

FREE HEALTH SCREENING- Raritan Bay Medical Center will provide a free health screening on Friday, March 28th at 10:00 am. Free screenings include Blood Pressure, Cholesterol, Glucose, Stroke Risk Assessment, BMI and Pulse. Please sign up at the front desk if you are interested.

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