



# The Borough of Sayreville

## ACTIVE ADULT CENTER

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

MARCH 1, 2025 – MARCH 31, 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        |
| <b>ART CANVAS</b>                              | 1 <sup>st</sup> Tuesday 3/04                           | 10:00        |
| <b>ARTS &amp; CRAFTS</b>                       | 2 <sup>nd</sup> Monday 3/10                            | 11:00        |
| <b>BILLARDS</b>                                | Wednesdays   | 6:00 PM      |
| <b>BOOK CLUB</b>                               | 2 <sup>nd</sup> Thursday 3/13                          | 10:00        |
| <b>CHAIR YOGA</b>                              | Mondays  | 10:00        |
| <b>CROCHET/KNITTING</b>                        | 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 3/5 & 3/19 | 1:00-3:00    |
| <b>SCRABBLE</b>                                | Tuesdays   | 1:30-3:30    |
| <b>STRENGTH TRAINING<br/>BALANCE/STABILITY</b> | Tuesday (Waiting List)<br>Thursday (Waiting List)      | 11:00-12:00  |
| <b>FIT FOR LIFE</b>                            | Wednesdays (Waiting List)                              | 10:30-11:15  |
| <b>COMPUTER LAB:</b>                           | DAILY  | 8:30 - 3:30  |
| <b>COMMISSION ON<br/>AGING MEETING:</b>        | Thursday 3/20  | 2:00 PM      |
| <b>“PLANNER’S” MTG”</b>                        | Tuesday 2/25<br>*No March Meeting*                     | 10:00 AM     |

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

### CLUB DATES

|       |                  |       |                 |
|-------|------------------|-------|-----------------|
| MARCH | 11 <sup>th</sup> | 12:00 | TUESDAY CLUB    |
| MARCH | 13 <sup>th</sup> | 11:30 | THURSDAY CLUB   |
| MARCH | 18 <sup>th</sup> | 11:30 | ST. STAN'S CLUB |

**THE SAYREVILLE SENIOR CENTER WILL BE CLOSED** on Monday, February 17<sup>th</sup> for Presidents Day.

**BIRTHDAY BREAKFAST WITH THE MAYOR**-will take place on Wednesday, April 23<sup>rd</sup> 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 20<sup>th</sup> 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 Barrel Restaurant. Since this is a popular trip we are anticipating running two separate trips. The dates for this trip will be on Thursday, April 3<sup>rd</sup> and Thursday April 24<sup>th</sup>. 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 10<sup>th</sup> 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 4<sup>th</sup> through April 1<sup>st</sup> for tax preparation.

**UNITED WAY INCOME TAX PREPARATION**- The United Way will be providing free income tax preparation beginning on February 4<sup>th</sup>. 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 4<sup>th</sup> through March 25<sup>th</sup> 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 20<sup>th</sup> at 10:00 am. Pre-registration is required. Call 732-390-7058 to sign up!

**LIFE LINE SCREEENING**- Life Line Screening will host their affordable, non-invasive painless health screenings on Monday, February 24<sup>th</sup> 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 26<sup>th</sup> 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!

**STAYING HEALTH PRESENTATION**- The Middlesex County Office of Health Services will hold a presentation on the "Basics of Staying Healthy" on Friday, March 14<sup>th</sup> 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 28<sup>th</sup> 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.

**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 1800-221-3520 to reserve/cancel**

**RIDE SERVICES**

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



# *The Borough of Sayreville*

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APRIL 1, 2025 – APRIL 30, 2025

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|-------------------------------------|--|--------------|
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| <b>AEROBICS</b>                     | Mondays, Wednesdays & Fridays                          | 9:00 - 10:00 |
| <b>AGILITY &amp; BALANCE</b>        | Fridays (Waiting list)                                 | 11:00        |
| <b>ART CANVAS</b>                   | 1 <sup>st</sup> Tuesday 4/01                           | 10:00        |
| <b>ARTS &amp; CRAFTS</b>            | 2 <sup>nd</sup> Monday 4/14                            | 11:00        |
| <b>BILLARDS</b>                     | Wednesdays   | 6:00 PM      |
| <b>BOOK CLUB</b>                    | 2 <sup>nd</sup> Thursday 4/10                          | 10:00        |
| <b>CHAIR YOGA</b>                   | Mondays  | 10:00        |
| <b>CROCHET/KNITTING</b>             | 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 4/2 & 4/16 | 1:00-3:00    |
| <b>SCRABBLE</b>                     | Tuesdays   | 1:30-3:30    |
| <b>STRENGTH TRAINING</b>            | Tuesday (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 April Meeting                                       | 2:00 PM      |
| <b>“PLANNER’S” MTG”</b>             | No April Meeting                                       | 10:00 AM     |

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## CLUB DATES

|       |                  |       |                 |
|-------|------------------|-------|-----------------|
| APRIL | 8 <sup>th</sup>  | 12:00 | TUESDAY CLUB    |
| APRIL | 10 <sup>th</sup> | 11:30 | THURSDAY CLUB   |
| APRIL | 15 <sup>th</sup> | 11:30 | ST. STAN'S CLUB |

**BIRTHDAY BREAKFAST WITH THE MAYOR**-will take place on Wednesday, April 23<sup>rd</sup> 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.

**APRIL BUS TRIP**- FILLED TO CAPACITY!!!

**MAY BUS TRIP**-will be announced at a later date.

**SAYREVILLE FARM MARKET**-Sayreville's Weekly Farm Market will be located at our senior center in the main hall on every Wednesday from 11-4 pm, throughout the month of March and up until April 9<sup>th</sup>.

**ARTS & CRAFTS CLASS**- -will take place on Monday, April 14<sup>th</sup> at 11:00 am. The class will be making a Q-Tip Painting. Call 732-390-7058 to reserve your spot!

**COMPUTER ROOM CLOSED**- The Computer Room will be closed every Tuesday, from now through March 25<sup>th</sup> for tax preparation.

**UNITED WAY INCOME TAX PREPARATION**- The United Way is providing free income tax preparation. 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 is located in our lobby and the required intake packet is available at our front desk. In addition to the drop off service, United Way will be on site every Tuesday morning through March 25<sup>th</sup> from 9:00 am - 11:30 pm for in person appointments. This is also a drop off service! (All tax returns dropped off in the lock box after March 27<sup>th</sup> will be picked up at the Milltown Office.) 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.

**STAYING HEALTHY PRESENTATION**- The Middlesex County Office of Health Services will hold a presentation on the "Basics of Staying Healthy" on Friday, March 14<sup>th</sup> 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.

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**SKIN CANCER SCREENING**- St. Peter's Hospital will be offering a free skin care screening on Monday June 9<sup>th</sup> from 9:00 am-12:00 pm. Please call the office to make an appointment.

**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)

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