



The Borough of Sayreville

ACTIVE ADULT CENTER

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

OCTOBER 1, 2024 – OCTOBER 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	1 st Tuesday 10/1	10:00
ARTS & CRAFTS	3 rd Monday 10/21	10:00
BILLARDS	Wednesdays	6:00 PM
BOOK CLUB	2 nd Thursday 10/10	10:00
CROCHET/KNITTING	1 st & 3 rd Wednesdays 10/2 & 10/16	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:	No October Meeting	*****
“PLANNER’S” MTG”	No October Meeting	*****

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

	<u>CLUB DATES</u>		
OCTOBER	8 th	12:00	TUESDAY CLUB
OCTOBER	10 th	11:30	THURSDAY CLUB
OCTOBER	15 th	11:30	ST. STAN'S CLUB

THE SAYREVILLE SENIOR CENTER WILL BE CLOSED on Monday, October 14th to celebrate Columbus Day.

OCTOBER BUS TRIP- will be on Saturday, October 5th. We will be going to the Ocean Grove Fall Festival. **FILLED**

NOVEMBER BUS TRIP-will be on Thursday, November 21st. We will be going to Delicious Orchards & Livotti's. We will also be stopping for lunch. Please call 732-390-7058 to sign up!!

MEDICARE FRAUD & SCAM WORKSHOP-Mr. Joel Schneider, SMP outreach specialist, will host a Medicare/Medicaid fraud, waste and abuse program on Tuesday, September 17th at 7:00 pm. Don't be a victim of Identity Theft! Don't get scammed! Become educated on how to protect yourself! Call 732-390-7058 to sign up!

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.

LIFE LINE SCREENERING- Life Line Screening will host their affordable, non-invasive painless health screenings on Wednesday, October 2nd from 9:00 am – 4:00 pm. These screenings are recommended for anyone 50 & older and can ultimately save your life. 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!!!

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. Individual appointments are available by calling 877-447-2552 or text 917-464-4583.

FLU SHOTS- The Middlesex County Health Department will be administering the seasonal flu vaccine here on Wednesday, October 16th from 10:00 am-11:00 am. There is no cost for the flu shot. We will be offering the Quadri-valent flu shot; we will not be offering Prevnar 13 3. We will **not** have the Pneumovax vaccine. Vaccine is for 6 months and older. We will **not** have the "Senior" flu vaccine. All must obtain consent for each person at <http://dispenseassist.co.middlesex.nj.us/flu.html>. Call 732-745-3100 for further information.

ARTS & CRAFTS CLASS- will take place on Monday, October 21st. We will be making a Halloween vase painting craft. Pre-registration is required by calling the front desk at 732-390-7058. **DROP INS ARE NOT ALLOWED!!!**

PRAB- HEAP-Representatives from PRAB will be here on Monday, October 21st from 10:00 am to 12:00 pm to help applicants file forms for the Low Income Home Energy Assistance (This is not Lifeline). To qualify a single person's income cannot exceed \$3676 a month for HEAP. USF guidelines will be determined at a later date. Sign up at the front desk to pre-register or call 732-390-7058.

HALLOWEEN PARTY-Our Annual Halloween party will take place on Wednesday, October 23rd from 11:30-3:30. 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 or vegetarian & 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!!!**

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 yard work this fall 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.

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