

South River Office on Aging
Human Services Building
55 Reid Street
South River, NJ 08882

August 2026
Volume 5, Issue 8
(732) 257-2340

The Senior Scoop

OFFICE ON AGING OPERATIONS

Office Closure: Due to continued road work on Reid Street in front of the Human Services Building, the Office on Aging will remain closed through Friday, August 7th.

Transportation: Transportation services will remain suspended through the month of August. The anticipated date of return is Tuesday, September 1st. Once confirmed, it will be published in the September newsletter.

AUGUST ACTIVITIES

Freestyle Billiards, Board Games, and Rock Painting: When: Tuesdays @ 11am; drop-in, no RSVP required.

“Open Road” Social: What: After weeks of detours and demolition, our street is finally clear and our doors are open—let’s lift the roadblock and reconnect! When: Thursday, August 27th @ 12pm (\$5 pre-paid; sign-up begins Monday, August 10th.

PLANNING AHEAD

Free Skin Cancer Screening: Thursday, September 3rd, 12pm-3pm (by appointment); loose-fitting clothing recommended; sign-up begins Monday, August 10th.

AARP Smart Driver 2-Day Course: Thursday, September 17th and Friday, September 18th, 10am-1pm each day (\$20 for AARP members; \$25 for non-AARP members—**pay instructor on-site before the first session begins**); sign-up begins Monday, August 10th.

Senior Health & Fitness Walk @ Roosevelt Park: Wednesday, September 23rd @ 9am; sign-up begins Tuesday, September 1st.

AROUND THE BOROUGH

End of Summer Fireworks: Annual outdoor community event at Denny Stadium. When: Friday, August 21st; activities @ 6:30pm, fireworks @ dark. Rain date: Saturday, August 22nd.

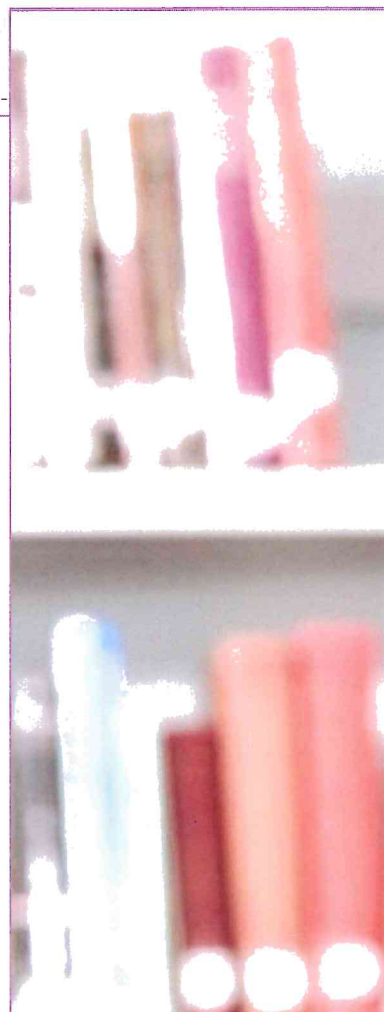
WELL-BEING INITIATIVE

Our new Well-Being Initiative will debut in **September**:

Wellness Lab: A thoughtfully curated series designed to blend innovative modern self-care trends with timeless wellness rituals.

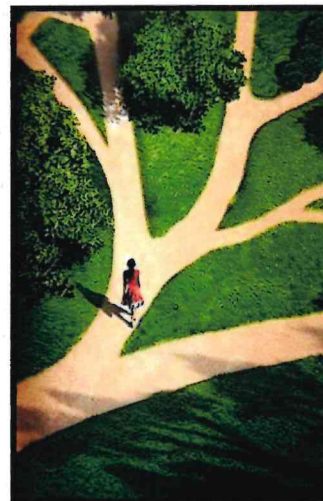
Emotional Wellness Support: Connecting members with private, one-on-one professional counseling services, offering guidance when life’s challenges become difficult to navigate alone.

Additional details about Wellness Lab and Emotional Wellness Support will be announced in the coming weeks.



*“Perhaps some detours
aren’t detours at all.
Perhaps they are the path.”*

—KATHERINE WOLF



August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	1/8 Mondays 10am Line Dancing Classes w/ Joyce \$1 recommended contribution
		Office Closed				
9	10	11 NO STRENGTH TRAINING CLASS 11am Freestyle Billiards, Board Games, & Rock Painting	12	13	14	15 Tuesdays 10am Strength Training Classes w/ Nancy \$1 recommended contribution
16	17	18 11am Freestyle Billiards, Board Games, & Rock Painting	19	20	21	22 Wednesdays 10am-12pm Haircuts by Mike the Barber \$8
23	24	25 11am Freestyle Billiards, Board Games, & Rock Painting	26	27 12pm "Open Road" Social \$5 pre-paid	28	29 Thursdays 11am Gentle Yoga Classes w/ Steff \$1 recommended contribution
30	31				Office on Aging Hours of Operation Monday-Friday 9:30am-3pm (732) 257-2340	