



Carteret Waterfront Park

“ Love getting out and still enjoying life. ”
Aaron Samet



Jazz Concert in the Park

“ I enjoy the program. I enjoy meeting so many great people. ”
Beth V.



For More Information

“ I always have a great time at the events. ”
Trudy H.

“ I really enjoy the program. We enjoy getting together with our neighbors. ”
Mary McCabe



Painting & Crafts



Walk at the Carteret Pier

Senior Recreation Program 

 adacil.org

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About the Program

The Alliance Center for Independence (ACI) received a grant from the Middlesex County Office of Aging and Disabled Services to provide social and recreational activities to seniors in Middlesex County. The purpose of this program is to help end social isolation and loneliness in the lives of many seniors. We strive to promote and cultivate fellowship and friendship while developing a sense of community. The positive impact of the participants' mental and physical ability is immeasurable. Our seniors have also learned to become more independent while taking more charge of their own lives.



Summer Luau

Who's Eligible?

Middlesex County residents (60+)

Where Do Our Activities Take Place?

We have partnered with several Independent Living facilities to host events and programs for their residents. We also host events in the ACI conference room as well as various locations throughout the county.

Cost

Events are low-cost or free.

Transportation

If transportation to our events is needed, we can provide assistance to help participants locate transportation options.



Halloween Parties

Activities

- ◆ Walks around local parks
- ◆ Access to free COVID-19 and flu vaccines
- ◆ Middlesex County Music in the Park
- ◆ Middlesex County Plays in the Park
- ◆ BINGO!
- ◆ Jeopardy
- ◆ Crafts (*painting, birdhouse making, card making*)
- ◆ Somerset Patriots Baseball Games
- ◆ Holiday parties
- ◆ Garden opportunities with Rutgers University
- ◆ Game Day (*board games, dominoes, card games, and more!*)
- ◆ Adaptive Fitness Classes



Valentine's Day Brunch



Karaoke