



# SENIOR PROGRAMS

## BOROUGH OF OLD TAPPAN

227 OLD TAPPAN RD, OLD TAPPAN 07675

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Firehouse—Corner of Russel Avenue and Old Tappan Road

Senior Center—Corner of Leonard and Old Tappan Road

### FITNESS PROGRAMS:

- Mon:** Walking Club - 11am  
Zumba - 11:00pm
- Tues:** Seniorcize - 1:30pm
- Wed:** Line Dancing - 11:00am  
Chair Yoga - 1:30pm
- Sat:** Zumba Gold - 9:15am

Classes are weekly and are held upstairs at the Firehouse. Check website for costs, updates and/or cancellations.

### ART PROGRAMS:

- Life Drawing:** 2<sup>nd</sup> Thursday of each month, 10am—1pm.
- Stained Glass:** 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of each month, 1pm—3pm

All art programs are held Senior Center. Check website for costs & materials required.

### SOCIAL PROGRAMS:

#### Lunch & Learns:

- Thursday, June 9<sup>th</sup>—Art Appreciation Lunch  
Thursday, September 29<sup>th</sup>—TBA  
Thursday, October 27<sup>th</sup>—International Lunch  
Thursday, December 15<sup>th</sup>—Holiday Lunch

All Seniors are welcome at no cost. Lunch & Learns begin at 12 noon and are held upstairs at the Firehouse.

#### Golden Age Group

Come meet new friends at the Senior Center every 1st & 3rd Thurs of Month at 12pm.

#### Health Consultation Program

Held at Senior Center every 3rd Thurs of Month from 12-1pm.

#### Monthly Lunch

Social lunch with friends every 2nd and 4th Friday of the month at Giulio's/Vicolo's in Tappan.  
\$20 (tip and tax included) - check website for more info.

#### Pizza Bingo:

Held in the OT Senior Center every 3rd Tues of Month at 11:30am. Cost is \$5 for 4 cards, 2 slices of pizza & drink. Cash prizes.