



SENIOR PROGRAMS BOROUGH OF OLD TAPPAN

227 OLD TAPPAN RD, OLD TAPPAN 07675

TEL: 201-664-1849 ♦ EMAIL: OLDTAPPAN@OLDTAPPAN.NET ♦ WEBSITE: WWW.OLDTAPPAN.NET

Firehouse—Corner of Russel Avenue and Old Tappan Road

Senior Center—Corner of Leonard and Old Tappan Road

FEATURED TRIPS:

San Genarro Festival at the Mansion in Mountain Lakes

Date: Wednesday, 9/21/22 Cost: \$60 per person

October Germanfest at Sliver Birches Resort, Hawley PA

Date: Wednesday, 10/26/22 Cost: \$62 per person

Offered by Harrington Park Seniors. Info or to reserve: Phyllis @201-768-5753 or MaryAnna @201-497-8671

FITNESS PROGRAMS:

Mon: Walking Club at Stone Point Park - 11am

Zumba - 11:00pm

Tues: Seniorcize - 1:30pm

Wed: Line Dancing - 11:00am

Chair Yoga - 1:30pm

Sat: Zumba Gold - 9:15am

Weekly classes are held upstairs at the Firehouse. Check website for costs, updates or cancellations..

SOCIAL PROGRAMS:

Lunch & Learns:

Thursday, September 29th—TBA

Thursday, October 27th—International Lunch

Thursday, December 15th—Holiday Lunch

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

Golden Age Group

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

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:

At Senior Center, 3rd Tues of Month, 11:30am. Cost is \$5 for 4 cards, 2 slices & drink. Cash prizes.