



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:

DAY	CLASS	TIME	COST
Monday	Zumba	11:00am	\$3
Tuesday	Tai Chi	10:00am	\$5
	Seniorcize	1:30pm	\$3
Wednesday	Line Dancing	11:00am	\$5
	Chair Yoga	1:30pm	\$5
Saturday	Zumba Gold	9:15am	\$5

Weekly classes are held upstairs at the Firehouse.

Check website for updates or cancellations.

Exercise classes are open to everyone.

SOCIAL PROGRAMS:

Lunch & Learns:

All Seniors are welcome at no cost. Lunch & Learns held upstairs at the Firehouse at 12 noon. Please check website for updates

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 Aurora in Old Tappan. \$25 (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.