



## SENIOR PROGRAMS

### BOROUGH OF OLD TAPPAN

227 OLD TAPPAN RD, OLD TAPPAN 07675

TEL: 201-664-1849 ♦ EMAIL: [OLDTAPPAN@OLDTAPPAN.NET](mailto:OLDTAPPAN@OLDTAPPAN.NET)

WEBSITE: [WWW.OLDTAPPAN.NET](http://WWW.OLDTAPPAN.NET)

Firehouse—Corner of Russel Avenue and Old Tappan Road

Senior Center—Corner of Leonard and Old Tappan Road

### FITNESS PROGRAMS:

**Mon:** Walking Club at Stone Point Park - 11am

Zumba - 11:00pm

**Tues:** Seniorcize - 1:30pm

**Wed:** Line Dancing - 11:00am

ChairYoga - 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..

### 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 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 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:

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.