

FAIR LAWN SENIOR CENTER

11-05 Gardiner Road, Fair Lawn, NJ 07410

201-796-1191 srcenter@fairlawn.org

"GATHER, GROW & SOCIALIZE"

Presented by

Seaton Hall University's 2nd Year Occupational Therapy Students
enrolled in a master's level class on Wellness & Health Promotion

Are you looking for new and fun ways to socialize?

"Gather, Grow, and Socialize" is an opportunity to learn about a variety of meaningful activities that encourage social opportunities. Social participation offers numerous benefits to your mental health and physical well-being which can enhance your overall quality of life. Through informative sessions and creative activities, you can find new ways to explore the world around you and connect with others. Join us and enjoy the opportunity to develop new hobbies and deeper connections with others!

Please Note: This is a four-week commitment!

Session 1: Thursday, May 30 @ 10:30 a.m.

Session 2: Thursday, June 6 @ 10:30 a.m.

Session 3: Thursday, June 13 @ 10:30 a.m.

Session 4: Thursday, June 27 @ 10:30 a.m.

Advance registration is necessary for this workshop.

The Senior Center offers a Noon lunch (*\$1.25 suggested donation*)
and reservations should be made at least 24 hours in advance.

