



FAIR LAWN DRUM CIRCLE

hosted by Certified Drum Circle Facilitators

SESSIONS
RESUME 9/2

Every 1st Tuesday of the Month
1:30pm - 2:15pm
Fair Lawn Senior Center
11-05 Gardiner Road, Fair Lawn, NJ



Group drumming has been scientifically shown to boost the immune system, decrease stress, increase focus, foster a positive mood, and create a feeling of connection with others.

LET'S DRUM
TOGETHER!

Think you have no rhythm? Not so...

We all have an internal beat. You will surprise yourself with how much rhythm you have.

No musical experience is necessary. It's just fun!

Don't have a drum? No worries!

Drums & other percussion instruments will be available to share. Or, find things in your house - grab a book, a bowl, a box of pasta, or some spoons - everything works!

OPEN TO THE PUBLIC - NO RESERVATIONS REQUIRED!

Transportation is available for Fair Lawn residents in need by calling 201-794-5327.

Caregivers are welcome and encouraged to accompany attendees.



**FAIR LAWN
FOR ALL AGES**
www.fairlawnforallages.org

Rotary
Fair Lawn Sunrise

