



# FAIR LAWN DRUM CIRCLE

hosted by Certified Drum Circle Facilitators

First Tuesdays of the Month\*

1:30pm - 2:15pm

Fair Lawn Senior Center

11-05 Gardiner Road, Fair Lawn, NJ

*\*subject to change*



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](http://www.fairlawnforallages.org)

**Rotary**  
Fair Lawn Sunrise

